

Penis Stretching Exercise

Make sure you are thoroughly warmed up and ready. Make sure that your penis is always completely limp and flaccid-it's a bit hard to perform these exercises if you have an erection.

Take the head of your penis in your hand (if you have a foreskin then pull this back so it does not get in the way, remember you are pulling the penis NOT the skin).

Stretch it out directly in front of you, holding it for 10-15 seconds. You should be able to feel the stretch at the base of your penis. Repeat the action 4 or 5 times.

After that, relax your penis and massage the head to restore normal circulation. This method applies to stretching up and down, as the pictures illustrate.

Now, take your penis firmly in your hand and pull the penis to the right. Pull it to the right until you can feel a pressure on the left side of your penis. Hold it for 10-15 seconds. Repeat the exercise 4-5 times. Afterwards, massage the head to restore circulation.

After you have completed this, repeat the exercise only this time pulling to the left not the right. Once you have done this exercise a few times you will have a basic understanding of what to do, you should then either use one of our detailed workout plans, do not just randomly do things.

Don't worry if you feel a good amount of stretch - this is normal and healthy. If you have a foreskin then pull this back then do the stretch so you are stretching the penis and not the skin.

Take your time in progressing - being too adventurous could result in unwanted injury. The exercises should be performed for either desired number of reps or allocated time.

Exercise in a nut sack

- **As per usual warm up thoroughly.**
- **Grasp the tip of your penis firmly, below the head.**
- **Pull it out in front of you and hold for 15 seconds.**
- **Repeat for the desired number of reps.**
- **Relax and gently massage head of penis.**
- **Stretch penis to right and hold for 15 seconds.**
- **Relax and massage head of penis.**
- **Stretch penis to left and hold for 15 seconds.**
- **Always repeat for desired number of reps.**