

Penis Warm up Exercise

To perform this warm-up you will need a cloth or small towel and access to warm water. Firstly find an ample sized face cloth. Wet it with warm water until it is soaked through and at a hot but manageable temperature.

Wrap the cloth around your penis and testicles. This may feel strange and slightly painful, but this ends quickly enough and is easy to get used to.

Keep the cloth in place for 1 minute. When 1 minute is up run the cloth under the hot tap and repeats the procedure once again holding it for 1-2 minutes. If after the 2-3 minutes you feel you are ready to exercise continue with your workout.

If not then re-apply until you feel loose enough and ready to continue with your workout. Warm-up is essential.

The warm-up as mentioned above is ESSENTIAL. You should never miss the warm-up out of your routine as this will lead to gains being minimal. It is also a good idea to finish off a workout with a "warm down" which would be for example the procedure above repeated.

Exercise in a nut-sack

- **Obtain a small hand towel.**
- **Wet this hand towel using warm/hot water.**
- **Place the hand towel around your penis.**
- **Wet the towel again to keep the warmth.**
- **Leave the hand towel on the penis for 2-3 minutes.**
- **Temporarily discard the towel and perform workout.**
- **When workout is finished re-heat the towel.**
- **Apply the towel to the penis for another 2-3 minutes.**
- **Always use the same towel for hygiene reasons.**