

Towel Raise

Erection Level: 100 percent

Recommended Reps: 20

The Exercise:

1. Place a hand towel on your erect penis.
2. Kegel to lift the towel up and down.

Tip 1! When your erection starts to subside, place two fingers underneath the penis to help you to squeeze in a few more repetitions.

Tip 2! At first use a dry hand towel. As you advance, add more weight by wetting the towel.

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video provided by AJ "Big Al" Alfaro .