

Rotating Stretch

Erection level: 0 to 50 percent

Recommended Reps: 10

The Exercise:

1. Stretch your penis straight up.

2. Move the stretch to the right; then straight down; then to the left; and then back up again—making a complete circle. The 360 degree stretch should last approximately ten to fifteen seconds.

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Video provided by AJ "Big Al" Alfaro .