

## A-Stretch

### Step-By-Step

Erection level: 0 to 50 percent

Recommended Reps: 5

The Exercise: This exercise uses two hands.

1. Hand 1: Grip the penis an inch below the glans and pull straight out.
2. Hand 2: Place your arm underneath the stretched penis.
3. Hand 2: Grab the wrist of arm 1. (For more force, push upwards with your entire arm.)
4. Hold for twenty to thirty seconds.

### Video

{wmv}videos\_convert/a-stretch{/wmv}