

Assisted A-Stretch

This modified A-Stretch uses a cylinder object—such as a thick PVC pipe or a can of Red Bull—as a lever.

Erection level: 0 to 50 percent

Recommended Reps: 5

The Exercise:

1. Grip the penis an inch below the glans and pull straight out.
2. Place a cylinder object below the penis and stretch the penis over the object; simultaneously push up on the object.
3. Hold for fifteen to twenty seconds.