

Erect Stretch

The Erect Stretch works by stretching the erect tissues of the penis. Many men have claimed that the Erect Stretch has helped them turn their flaccid-stretched length gains into erect length gains. However, as with erect bends, be cautious. Erect stretches are high intensity exercises and should be used only when your penis is conditioned for them. Don't stretch vigorously – ease into the stretch.

Erection Level: 95 percent

Recommended Reps: 5

The Exercise:

1. Grip the penis an inch below the glans and stretch outward for fifteen to twenty seconds.
2. Repeat in other directions (down, up, left, and right).

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