

## Side Jelq

Erection level: 75 to 85 percent.

Recommended Reps: 20

The Exercise:

1. Start a normal Jelq. At the halfway point, place your other hand at the base of your penis. This will help build support.
2. Simultaneously, curve the Jelq to the side.
3. Once you reach the glans, press the palm of your hand against your penis to finish the bending motion.
4. The entire Jelq should last three to five seconds. Repeat with other hand. {wmv}videos\_convert/sidejelq{/wmv}