

Uli

Step-by-Step

Erection level: 100 percent

Recommended Reps: 3

The Exercise:

1. Form an OK-grip at the base of your erect penis.
2. Squeeze the grip tightly and hold for thirty to sixty seconds.

Video

{flv}uli{/flv}

{wmv}big_al/flex_girth{/wmv}

video provided by AJ "Big Al" Alfaro.

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