

Horse Squeeze

Your penis will need to be lubricated for this exercise.

Erection level: 95 percent

Recommended Reps: 20

The Exercise: This exercise uses two hands.

1. Hand 1: Form a tight overhand OK-grip at the base of your penis.

2. Hand 2: Form a small OK-grip, no larger than a dime.

3. Hand 2: Slowly slide the dime-size grip over the glans and towards the base. Don't rush this process. It should take fifteen to thirty seconds for you to get to the base hand.

Tip! For extra intensity: once your second hand reaches the base hand, you can squeeze both hands at the base for an additional 30 seconds.

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