

JAI Stretch

There are many different stretches, each one a little different from the next. In fact, almost every length penile exercise is based on some form of stretching. The JAI Stretch is another beginner penis enlargement stretch that you can do whenever you get a few minutes of privacy (along with the basic stretch). For example, you could do five to twenty JAI stretches every time you use the restroom. You can also use this exercise as a good preliminary stretch before you do your other penis enlargement stretches.

This stretch may not look like much, but many penile exercisers credit this exercise for providing substantial gains.

Erection Level: 0 to 40 percent

Recommended Reps: 20

The Exercise:

1. Gently stretch your penis and hold for two seconds.
2. While still holding the penis, release the stretch for two seconds.
3. Repeat steps two and three until you reach desired number of reps.

JAI STRETCHING TIPS!

Pattern Your Breathing. A great way to get rid of the tedious second counting is to pattern your breathing with your stretch. Do this by exhaling for the two seconds you are pulling out, and inhaling for the two second resting period—;or vice versa.

Pull Gently. The goal is to perform a very light, quick stretch; lasting approximately two seconds. You don't want to pull as hard as you do with the Basic Stretch. If you pull too hard, or for too long, the JAI stretches won't be effective. (Below is a picture of pulling to hard.)

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