

Clamping 101 - The Clamping Guide

Clamping is an advanced penis enlargement method in which a clamping device is used to obtain girth.

Disclaimer: Clamping contains a significant risk. PEGym.com is not liable for any dangers you undertake while exercising the penis. Clamping is safe when caution, awareness, and good judgment are used. You should not try clamping until you have been exercising your penis for at least 6 months.

Note: Throughout the guide there are pictures to help you obtain a better understanding of how clamping works. The pictures are for educational purpose only, and are not necessarily how your penis will look clamped. If you are easily offended by naked pictures, then please do not read this article.

Clamping

Clamping is a penile exercise that uses a clamping device in an effort to gain girth. Clamping is an advanced exercise, and shouldn't be done unless you've been penile exercising for at least six months. Most importantly, you do not need to clamp, or use any device to make your penis bigger. Many men gain multiple inches using just using regular penile exercises.

With that said, the beauty of clamping is you can do it anywhere an erection is possible. If you are at the computer and have some privacy, you can stimulate yourself to an erection, throw on a cable clamp and use the computer.

"How does clamping work?" Here is a plausible theory:

- Clamping restricts blood from flowing out of the penis while still allowing limited inflow. Because blood is still flowing into the penis, and none is leaving, there is an extraordinary amount of pressure built up.
- The pressure built up while clamping expands penis tissues beyond its normal erection state. By expanding the penis tissues multiple times, the expansion eventually becomes permanent.

What You Need To Clamp:

- A Clamp – You want a clamp that is 1) Easy to get on and off & 2) Fits snugly around the penis. The Cable Clamp ™ is both of these. The easiest place to find Cable Clamps is at your local Wal-Mart in the hardware section. If you do not have a Wal-Mart ™ near you, find out where you can get cable clamps by clicking here. Or Order them online here. You can also order Cable Clamps from www.peweights.com. PE Weights also sells an Air Clamp, which many men find comfortable, effective, and easy to use.

The Cable Clamp ™ A package of Cable Clamps™

- A Wrap- you can use any cloth material. Some popular wraps include a sock, Homedics magnetic wrap ™, Ace’s bandage ™, and even a strip of mouse pad. (Note: A strip of mouse pad is comfortable, can be reused, and can go in the washing machine. Additionally, the rubber side of the mouse pad prevents any slippage. To use a mouse pad, simply cut a six inch strip or more from a mouse pad. It does not have to be much wider than the clamp. When wrapping, face the cloth side towards the penis.)

- A way to stimulate your penis - girlfriend, porn, your hand, or Jessica Alba.
- A timer -it is easy to become distracted. Setting a timer will stop you from exceeding your desired time limit, which helps you avoid an injury.

{mospagebreak title=Step-By-Step} Clamping - Step-By-Step:

1. Stimulate your penis to erection. Note: If you prefer, you can put the cable clamp on at a lower erection and then build an erection once the clamp is in place.

2. Wrap the base of your penis.

Pre Wrap The Penis Wrapped

3. Place clamp over wrap and tighten. The clamp should be as close to the pubic bone as possible.

4. Stimulate the penis to the highest erection possible. Without causing any pain or discomfort, tighten the clamp as tight as possible.

5. Kegel blood into the penis.

The Clamp On The Clamp On -- Side Angle

6. Leave clamped for desired amount of time. If you are new to clamping, leave your penis clamped for no more than five to ten minutes.

Post Clamping - 10 Minutes After

{mospagebreak title=Clamping FAQ and Tips} Frequently Asked Clamping Questions

1. How long should I leave the clamp on?

After you get the hang of clamping, the basic rule of thumb per clamping session is 10 minutes. Leaving the clamp on for 10 minutes is the safest way to clamp. You can always add more sets if you do not believe you are getting a maximum workout.

2. While clamping, my erection slowly subsides quite a bit, is this normal?

Yes. This is completely normal. However, your penis should still be engorged and plumped. If it consistently turns completely flaccid, try clamping down a few more notches, changing your wrap, or adding another clamp.

3. Does clamping help with length gains?

In most cases the answer is no. However, clamping has created minute length gains for some. If you are having trouble gaining length, try some advanced length exercises. If you still can't gain length, try an All Day Stretcher or hanging.

Tips while clamping:

• When you first start clamping, do 1 day on and 2 days off. Over time, move up in the number of days on, if needed.

• Kegel throughout the whole clamping session. This continually pushes more blood into the penis, creating greater expansion.

• Wait five to ten minutes between clamping sets. This will minimize the chance of an injury occurring, and maximize gains.

• While clamped, get up and move around if possible. This causes more blood to flow to the penis, creating more of an engorgement.

Other Clamping Information:

• Although many people advocate clamping behind the balls, there are many delicate tissues in the testicles that could be damaged by clamping this way. These tissues include nerves, arteries, the vas, and more. Damaging any of these tissues could cause problems with sperm production or worse (such as ischemia of the tissues, leading to tissue death and gangrene). Your best bet is to clamp as close to the pubic bone as possible.

• Desensitizing is when a man has difficulties maintaining an erection due to excessive porn watching. If you use porn as your method of stimulation, be cautious of this. If you believe you are desensitizing due to the porn, try another method of stimulation.

• If one clamp is not enough to stop the blood outflow, then try using multiple clamps. But before you try this, make sure you are wrapping tight enough. In most cases, a tighter wrap will be enough to stop the blood outflow. You can place the second clamp at the base, or place it an inch below the glans as shown below.

Suggested Beginning Clamping Routine:

3, 10 minute clamping sessions -- totaling 30 minutes. One day on, One day off.

{mospagebreak title=Clamping Dangers}Dangers With Clamping:

Clamping builds up an unusual amount of pressure in the penis. Accordingly, if your penis is not conditioned for clamping, or you do not pay attention to your penis while clamping, you can easily cause an injury. The two most common injuries from clamping include overtraining and penile Mondor's disease (penis thrombosis, which is benign, but still takes an average of four weeks to heal).

Positive Signs:

- Engorged penis
- Temporary growing. It is not uncommon for your penis to experience temporary growth of ½ inch in girth during and after clamping.
- Veins
- Apparent growth

Negative Signs:

- Pain
- Numbness
- Tingling
- Coldness
- Penis turning very dark: It is normal for the penis to darken a few shades during a clamping session. However, if it turns very dark this is extremely bad. Note: if your penis color is normally very dark, then use other signs as an indication to stop. If you experience any of these negative signs while clamping, immediately take the clamp off and apply a warm-up to your penis.

Exercises While Clamped

You do not need to do exercises while clamped to obtain results. Regardless, some men advocate clamped exercises. We do not fully recommend doing exercises while clamped since they cause a lot of pressure build up; and this is potentially dangerous if your penis isn't conditioned. Accordingly, if you do decide to perform clamped exercise, take extra caution while doing so.

ABOUT THE AUTHOR

Aaron "remek" Kemmer is the author of *Exercising The Penis: How to Make Your Most Prized Organ Bigger, Harder & Healthier*. He founded THE PENIS ENLARGEMENT GYM in 2005. Find out more about him [here](#).

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