

Hanging Weights or Manual Penis Enlargement?

Hanging expert Bib goes over the pros of using a penis enlargement hanger.

By Bib To hang or not to hang

Question: I have never used any penis enlargement exercises before. Do you suggest I start with a hanging routine, or should I begin with manual exercises? What's the benefits of both?

Hanging weights: It's up to you

Bib's Answer: It really depends on the comfort level of each individual. Many guys have made gains from manual exercises, and many have made gains from hanging.

I made all of my length gains from hanging, as well as base girth. I made my girth gains by using Extreme Ullis.

Contrary to the writing of some, hanging (properly done) is probably safer than manual exercises. I have heard of many more injuries from jelqing than from hanging.

However, in general, manual exercises are safe also, and most guys seem to have a greater comfort level from manual exercises. It is somewhat counterintuitive to hang anything from an important body part.

Hang safely

If you decide to hang, you should do so with a mirror set up in front of you, to keep an eye on color, etc.

Just the act of stretching body tissues to and past their marginal stretch reduces the amount of blood flow in the area. You should always limit set to no more than 20 minutes.

Every few minutes, you should reach down and feel the head to check for temperature changes (coldness), as well as any numbness.

Back in the day, there was not a great deal of faith or knowledge about manual exercises. Hanging was new, and fairly well the proven method for length gains. So I started out by hanging along with many other guys. As long as any of the techniques are performed properly, there should be seldom safety issues.

I cannot write as to the benefits of manual exercises, as I've never used them. I can address the benefits of hanging, as well as the problems.

Penis Hanging Pros & Cons

Pro: Penis enlargement is all about the deformation of tough collagenous tissues. As deformation occurs, ligaments and/or tunica is made longer or broader, providing less erection resistance, and therefore more volume for an erection.

This deformation requires a good bit of stress, delivered in a dedicated, targeted fashion. In general, a shotgun approach is not effective, at least in the long run. Hanging is perfect for this dedicated targeted approach.

Pro: Multi-tasking. Hanging is relatively hands free. You can do many things while hanging, so other than wrapping and hanger attachment, and a few other things, there is no true time commitment.

Pro: Gains. There have been countless stories of guys trying manuals for months and even years without progress. Then they switch to hanging and begin gaining. I am not aware of a case of the reverse occurring.

Pro: Known stress levels. In general, the amount of stress used in manual techniques is not known. You can generally know exactly how much stress you are providing with hanging.

Con: One large negative concerning hanging is the lack of stealth. If you cannot guarantee privacy, there could be embarrassing instances. It is immensely better for significant others to know about your hanging routine. When children are in the area, you should only hang behind a locked door.

Con: Hanging can be more expensive than manual exercises. There are good DIY instructions for building hangers, some better than others. The costs of supplies is generally very cheap. Production hangers range in price, but can be expensive.

If you do not have weights on hand, they can be pricy. But any known weight can be used, such as water, about 8 lbs per gallon.

Hope this helps,

Bigger

About Bib: Bib has been apart of the penis enlargement community for nearly 10 years. He has given hanging advice to thousands of men. In his spare time, he builds and sells BibHangers for the men in the penis enlargement community. The BibHanger can be found on his website. You can read his success story, which has motivated many over the years here.