

How Dangerous is Penis Hanging?

Hanging expert Bib goes over the dangers and safeties of hanging.

By Bib The dangers of penis hanging . . .

Question: The thought of hanging weights from my penis scares the crap out of me. How dangerous is penis hanging? Penis Hanging: As safe as you make it

Bib's Answer: Every single guy has his own parameters for the risk reward relationship. Making gains means collagenous tissue deformation and controlled damage, period. This tissue deformation requires a lot of stress, whether the stress is delivered by the hands, or assisted by a hanger and weight.

When I started nearly 10 years ago, there was not too much faith in manual exercises. Hanging, however, was fairly well proven to be effective for length gains.

I was very unhappy with my size, and could not feel little friction during sex. So, in my way of thinking, nothing from nothing leaves nothing, and I took the plunge. The safety of penis hanging

Over the years, I have come to realize that hanging weights is safe, as long as the individual takes responsibility, and does nothing to risk injury. It is that simple. Of course, a guy must use a hanging device, whether it is a homemade device or a production model, that is proven to be safe. Never use a "noose" to hang. That is a recipe for disaster.

In truth, I have heard of many more injuries from improper jelqing than from hanging. I think that might be due to the fact that it's impossible to measure stress levels using manual techniques.

It is very easy to measure stress levels when hanging. In fact, hanging is one of the few penis enlargement endeavors where you can know stress levels. Start light and gradually move up

As with all penis enlargement, the key is to start light. Start slowly with low weights (2-5 lbs) and just a couple (2-3) of sets per day. Add one set per week, until you reach your available privacy time, or four hours per day, whichever is less. Then, you can begin to add 1-2 lbs per week, until you begin to reach fatigue within the first set or two.

This routine of slow stress increases gives the soft tissues in your body, skin, smooth muscle, nerves, blood vessels, etc, time to adapt to the stresses of hanging.

At some point, you will increase stress levels to a degree where the tough collagenous tissues are affected. When you begin to deform those tissues, and those target tissues have the potential to provide gains, you will gain. Know when to stop hanging

For hanging, I define fatigue as tiredness or soreness which precludes an individual from continuing the activity at current stress levels. You simply cannot continue at those stress levels, much like you cannot continue with high stress levels when lifting weights.

At that point, you need to reduce the weight, in subsequent sets, in order to be able to continue to hang and complete the session.

Each set should be no more than twenty minutes long, with ten minute rests in between.

You do not have to unwrap during the breaks. The very act of stretching the tissues to and past the marginal stretch will reduce blood flow, no matter the attachment method. It is recommended that a tourniquet not be continued for more than 17 minutes. So twenty minutes is safe in a reduced flow situation. Know when to continue

As long as you are reaching fatigue during a set, you stay at that weight for that particular set, or reduce weight if the fatigue becomes too intense. Then for the next set, you should be FORCED to decrease the weight, and should continue

decreasing in weight as the hanging session goes on as needed. The key is to "ride the fatigue".

In the future, when that same initial weight no longer brings on fatigue, then you continue to increase in weight, 1-2 lbs per week, or until you once again reach fatigue within the first set or two of a session. Don't attempt to rush this process.

Only the user can make these decisions. You cannot hang what other guys hang, or do what they do. You must use personal information, feedback from your body to decide the path you must take. Never increase stress levels more than one set per week, or 1-2 lbs per week.

Finally, fatigue means the tissues are going through deformation. Pain means injury. When you understand the difference, go for fatigue, and avoid pain - then you will be on your way to risk free gains.

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.