

Is penile exercising safe?

Penile exercising is as healthy for your penis as running is for your heart. In fact, the main basis for this site is health. PEGym.com has been created to help men improve their penises and, as a result, their sex lives. However, as with all exercising, accidents can happen. Particularly overtraining, which leads to temporary erectile dysfunction (in which case, the penis is exhausted and needs a few days to recover). To avoid overtraining accidents, you should:

- Take it slow. Penis enlargement takes time. Jumping into penile exercising at full speed is not only dangerous, but maybe even detrimental to growth.
- Read all the advice possible. How much you gain and how safely you exercise largely depends on how much you know. You should read all of the advice on this site, including our penis enlargement guides, penile exercising articles, and penis enlargement forums. You should also consider reading other sites along with the most detailed guide to penile exercising, the penis enlargement book *Exercising The Penis*.
- Use common sense. The number one rule of penile exercising: if in doubt, cut it out. Trust your instincts.
- Avoid pain. If at anytime you feel pain, stop immediately.

More Frequently Asked Questions.