

A Bigger Penis: Yes It's Possible

If you're looking for a bigger penis, you've come to the right place.

The Penis Exercising Gym is filled resources that range from free guides to thousands of experienced members on our penis forums all building a bigger penis. [A Note On Penis Size](#)

There's nothing wrong with getting the most out of what you got. But before you overtrain your penis by exercising it more than an hour a day, know that the average penis size is often misunderstood.

Many men who have an average-size penis automatically believe they are small. Whether it is due to a comment that a partner made, or the fact that another man in the locker room has a bigger penis than them, a lot of guys think they're smaller than they really are.

As author Aaron Kemmer says, "Pornography adds to this thinking. In the porn industry, men are often hired for their well-endowments. And for many men, the penis in *Black Cock Down* or *Saving Ryan's Privates* is the only other erect penis they have to compare to—which is an unrealistic picture of what average really is. Keep that in mind in your quest for a bigger penis."

[Time it Takes to Build a Bigger Penis](#)

The time it takes men who exercise to build a bigger penis varies significantly. Like all exercising, some men exercise their penis for only a few minutes every other day, or less; while others have been known to exercise for multiple hours a day. The later can be very dangerous without serious condition, whereas the former generally is not enough to see a significant increase in size.

Some men don't have enough time to exercise the penis regularly. Instead, they partake in sporadic PE -- exercising their penis without a consistent routine. This type of penis enlargement method has worked for several men building a bigger penis. However, it may not work for you. In the end, you decide on how often you want to exercise.

Just keep in mind that exercising too much is detrimental and even potentially dangerous. In the beginning, you'll want to start out extremely light and work your way up. Slow and steady not only helped the turtle win the race, it's also a great principle to following when building a bigger penis.

[Average Penis Size Gain](#)

Penile exercising gains vary from person to person. The largest reported gain was of a man who started with 4.5 inches in length and 3.5 inches in girth. After roughly two years of penile exercising, he worked his way up to 8 inches in length and 6 inches in girth, which is five times of a bigger penis than his original size.

There are several occurrences of men adding 3, 4, and even 5 inches to their penis. Nevertheless, not all men are so lucky, nor so dedicated. According to our penis enlargement survey, the men that exercised for three months or more gained on average: 1 inch in length, and a half an inch in girth (1" X .5").

Translating this into volume, the men who exercised their penis for three months or more increased their penis size by an average of 42 percent, which is nearly half a size bigger than what they started with! [More on a Bigger Penis](#)

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