

Measuring

Before you start penile exercising. . .

You'll want to know where you are and where you want to be. To do this, measure your penis length and girth. Why should you measure? Because it allows you to:

- Track your progress
- Gain motivation with every inch you grow
- See if you are gaining. And if not, then you know you need to change something.

"Progress is made when progress is measured."

-- Steven Lamm, M.D., The Hardness Factor... And the best way to track progress is by calculating your volume.
Measuring Erect Length:

The best way to measure length is with a straightedge ruler.

There are two ways to measure erect length: bone pressed and non bone pressed.

- To measure bone pressed: place the ruler above the penis and push it all the way into the pubic bone. Once the ruler is firmly pressed against the pubic bone record your measurement. Measuring bone-pressed is preferred by many because it maximizes consistent measurements.

- To measure non bone pressed: Again place the ruler above the penis. But this time, barely touch the skin of the pubic region. When measuring non bone pressed it is important that the ruler is not touching the pubic bone.

The most important factor when measuring is that you always use the same technique. This is important because if you measure differently each time, then you could be fooling yourself into thinking you're gaining when you're not. So for example, if you measure sitting down the first time, then measure sitting time every time thereafter. This allows you to consistently monitor your progress.

Measuring erect girth :

There are two ways to measure erect girth.

- Method 1: Fully wrap measuring tape around the circumference of your penis and check the measurement.
- Method 2: Fully wrap a piece of string around the circumference of your penis and then mark the measurement on the string. Then take the string and line it up with a straightedge ruler.

Most men measure their erect girth in the middle of the shaft or at their thickest point. However, where you measure isn't that important so long as you consistently measure in the same place. If your girth greatly differs on different parts of your penis, then you may want to measure your girth in three different areas: the base, mid shaft, and at the glans.

Measuring Tip! You may find it hard to keep an erection when measuring. If this occurs, try measuring in the morning on the days you wake up with an erection.

Up Next: Introduction to Penis Exercises