

Introduction to Penis Exercises

What are penile exercises?

Penile exercises (or exercises that workout the penis) can range from one basic exercise to multiple advanced exercises. Similar to weight training, beginners should not start out doing advanced exercises.

Why? Compare exercising the penis to exercising the body. Let's pretend you were bench pressing for the first time. You wouldn't start out benching 300 lbs--unless you were looking for a reason to go to the Emergency Room. Instead, you would start out light and then gradually work your way up to 300 pounds. Exercising the penis requires the same thought: steadily move up in time and intensity. Moreover, in the beginning, less is more. It often doesn't take much to initially inhibit penis enlargement growth.

With that being said, on this site you will find a variety of advanced exercises that allow for a great way to increase the intensity. However, for the first few weeks to months you'll want to stick with the basic exercises: the Kegel, the Jelq and the Basic Stretch. If you are exercising your penis for health reasons, such as curing mild erectile dysfunction, then kegeling, jelqing, and stretching will often do the trick.

Up next: The Warm-up