

The Warm-Up

Before you do any penis enlargement exercise you should always warm up. (The Kegel is the exception to this rule because it doesn't require exercising your actual penis, rather it exercises your pelvic floor muscles found at the base of your penis).

A warm-up involves warming the penis up prior to your work-out. Doing a warm-up before you exercise your penis is equivalent to stretching before you lift weights or run. It enhances your gains, and leaves less room for injury.

Types of Warm-Ups

A good warm up consists of applying moist heat to your penis. Heat can be applied through a variety of ways. The four most popular warm-ups are: a moist heating pad, a rice sock, a warm wash cloth, and an infrared lamp.

Moist Heating Pad

Using a moist heating pad is a very popular technique of conducting a warm-up. They don't cost much, and can be bought at almost any department store.

Rice Sock

A Rice Sock is convenient and inexpensive – it can be made with a few items lying around your house. To make a Rice Sock you need three materials: a sock, uncooked rice, and a microwave. After you have these materials follow these three basic steps:

- Take a sock and fill it with approximately one to two cups of uncooked rice. Tie the sock shut. Make sure to leave enough room in the sock so you can comfortably move it around your penis.
- Put the full sock of rice in the microwave. Heat it for approximately 45 to 90 seconds.
- Check the temperature of the Rice Sock. If it is too hot, let it cool down until you can comfortably heat your penis without burning it. If it is not hot enough, put it back into the microwave for additional time.

Warm Wash ClothA warm wash cloth is the simplest and most convenient warm up. However, it is not as good as the others. After a few minutes of use, the wash cloth often turns cold or lukewarm. For this reason, we only recommend using a warm wash cloth when the other options aren't available.

Infrared Heat Lamp

An infrared heat lamp is used in the medical industry for a number of applications. Infrared light penetrates the skin; heating up the tissues underneath. Thus, it serves very well in heating up the penis.

Other forms of warming up the penis:

- A hot shower or bath.
 - Sitting in a sauna or a spa.
 - Dipping your penis into a cup of warm water.
- Up next: Using a Warm-up