

Using a Warm-Up

How to warm-up:

With a heating pad, a rice sock, or a warm wash cloth:

- 1. Once the warm-up is hot and ready, wrap it around your entire penis.
- 2. Leave it wrapped for five to ten minutes.
- 3. Immediately after, start penile exercising.

How hot should the warm up be? A good rule of thumb: lukewarm is not hot enough and burning is too hot.

With an infrared heat lamp:

- 1. Because sperm dies at body temperature, cover your testicles with a sock or any type of fabric. Although infrared light exposed to the testicles will most likely only have short term affects on sperm count, it's best to stay safe and keep your family's genes in pool. Some people prefer using a sock because it allows the testicles to be tightly covered. This also prevents slippage while penile exercising.
- 2. Set up the heat lamp at least eighteen (18) inches away from your penis. Do not put it any closer or you will burn yourself. You can set the lamp as far as three feet away, and still achieve a good warm up.
- 3. Allow five to ten minutes for the penis to warm up.
- 4. Immediately move onto using your penis enlargement technique (i.e. penile exercising).

Frequently Asked Questions:

1. Where can I buy an infrared light?

Infrared heat lamps are available at most home improvement stores, at pet stores that sell supplies for reptiles, or on the internet. An infrared bulb will work if you have a spare lamp. Or you can buy an infrared lamp and bulb combination, which can be found at most pet stores in the reptile section.

2. How many watts does the infrared light need to be?

250 watts is the suggested number. Put the lamp further than two feet away if you use more than 250 watts.

3. If I am using an infrared light, can I leave it on during the workout?

Yes. In fact, many men use the infrared light during their entire workout. It is, however, especially important to make sure your testicles are covered -- blocking the infrared light -- if you are leaving the infrared light on for long periods of time.

4. Should I do a post warm-up after I complete my workout?

Some penile exercisers suggest yes, whereas others suggest no. We recommend not warming up (i.e. warming down) after your workout.

Tip! Always warm up prior to penile exercising. If you are having trouble acquiring gains, it may be a problem with your warm-up. In many cases, a bad warm up, or no warm up will hinder penis enlargement growth.

Up next: The Stretch