

Stretching

The Simple Stretch: Description and Instruction

Once you've warmed up, you can move onto the actual penile exercises. The first exercise is stretching, which is most likely the oldest form of penile exercising and is still essential to any routine. Most length-based advanced exercises derive from stretching.

Basic Stretching Step-By-Step

- 1. Grip your penis (do not grip the head of the penis) and gently pull downward. Hold the stretch for roughly 30 seconds.
- 2. Repeat in the following directions:

Right (show below), Left, Up, Straight Out (shown below). Hold each stretch for 30 seconds

Up next: Video of the Stretch