

Stretching Tips and Questions

Frequently Asked Stretching Questions: 1. How hard should I pull when stretching?

The goal is to pull hard enough to stretch the tissues in the penis, but not too hard in which you inflict pain. Finding the happy median comes with experience. At first, use gentle easy stretches. After a few weeks, gradually increase the intensity.

2. What should I feel when stretching?

When stretching, many people feel different things. During and after a stretch, it's not uncommon to feel a slight tingling sensation, a sense of itchiness, or a feeling of fatigue in your penis. If you have any of these, you are on the right track. Additionally, some men claim to feel a minor burning sensation when stretching, which is analogous to the burning feeling acquired in certain muscles when doing high intensity body workouts.

Do not worry if you feel nothing; many men only feel the actual stretch. Most importantly, you should not feel any pain. Pain is bad. If you feel any pain, stop stretching immediately – you are using too much intensity.

3. When should I add different types of stretches?

Incorporating advanced stretches into your workout plan is a great way to increase the intensity. Some advanced stretches can be incorporated into your routine right away, while others shouldn't be added for several months. Refer to our [Advanced Penis Enlargement Exercises](#) section for more information on increasing the intensity.

4. Does it matter where I grip when stretching?

No, as long as you do not directly grab the head of the penis, anywhere will work. If you grip the head of the penis, your putting yourself at risk. The glans (head) penis is the most sensitive part of your body, so treat it well. Grabbing an inch below the glans is most popular because it gives the least amount of skin stretch.

Tips!

- It does not matter if you stretch standing up or sitting down. The most important thing is that you are comfortable.
- For the first 3 -6 months, only stretch when completely flaccid. Avoid stretching erect as it is intense and thus more risky in the beginning.
- Manual stretching and jelqing may cause red dots. These are normal.
- Stretching can be performed using your bare hands or an aide. For an aide you can use baby powder, rubber gloves, or a fabric of some sort, such as your old weightlifting shirt from high school.
- You can learn more about stretching, how to implement it properly, and find over 15 stretching exercises in the 232-page book on penis enlargement, [Exercising The Penis: How to Make Your Most Prized Organ Bigger, Harder & Healthier](#).

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