

Your First Penis Enlargement Routine

There are a variety of advance penis enlargement routines floating around. Before you jump into any advanced penile exercises (such as bends, squeezes, clamping, etc), use the following routine for at least five weeks. This beginning routine is designed to maximize your gains. Going beyond the following routine too early often has the opposite effect of your goal -- and sometimes can even cause temporary erectile dysfunction due to overtraining.

Remember: In the beginning, less is more.

The Beginner's Penis Enlargement Routine:

During your first week, take two days off between each workout. Thereafter, do the following routine every other day:

- 10 minute warm-up
- 6 minutes of basic stretching
- 10 minutes of jelqing (Remember to jelq in three second strokes.)

Also do:

- Your Kegels at least three days a week. Move up according to the suggested Kegel routine.

Advancing Your Routine

For growth to come in steady, you'll have to continually increase the intensity. Accordingly, over five weeks time, move up to 25 minutes of jelqing and 10 minutes of stretching. This move up should be gradual. Before you move up in intensity, read sparkyx's article: [Physiological Indicators \(PIs\) to Help Growth!](#). It will allow you to maximize your gains, and dramatically reduce your chance of any overtraining injury occurring. [More Routines](#)

- A lighter beginner routine: The alternative beginner routine by babbis. Use this routine if you're starting PE with weak erections, if you don't have a lot of time, or if you have sex or masturbate less than once a week.
- A more intense beginner routine: Here's another alternative beginner routine by JonPop. We don't necessarily suggest this routine to most new guys as it's intense and some men already overtrain with the traditional beginner's routine listed here. That said, if after trying the traditional beginner's routine for a few weeks you find that your erections are strong and your PIs are healthy, you can use this routine to increase the intensity.
- More advanced and beginner routines. You can find 8 different beginner and advanced routines in [Exercising the Penis](#).
- Other possibilities: To see what routines other men have tried, check out our [penis enlargement forums](#).

Up next: [An Important Final Word](#). . .