



Free Penis Enlargement Exercises

This E-Book can be downloaded at Penis-Enlargement-Exercise.net as well as other penis enlargement ebooks and Top Penis Product Reviews and Comparisons.

Benefits and Results of the Stretching Exercises

Squeezing and pulling your penis on a regular basis can produce incredible size gains, just as exercising muscles will make them larger. These exercises stretch your penis out, while also stretching the erectile tissue. These are the exercises for lengthening your penis in its flaccid and erect state.

By safely exercising the penis so blood fills the spaces and forces them larger, you can in fact grow your penis easily. These exercises can be performed daily, but should be performed at least 3 times a week to aid in the lengthening process.

After performing these exercises for awhile, your penis will extend longer both when your hard and when your limp. All this stretching is done quite safely and cannot hurt you in any way as long as you warm up properly, and use common sense. Stretching exercises also lengthen the skin connecting the testicles to the penis, giving you a more "hung" appearance and lower hanging and larger testicles.

In addition to penis enlargement effects, stretching exercises promote an increase in testosterone and sperm count.

Remember these exercises can get you started in penis enhancement but for fast, significant gains you will need the help of a [professional penis exercise program](#).

Quick Note on navigating through this E-Book:

- A good way to navigate through the book is to use the **Pages tab** in Acrobat Reader (on left side of the document widow). Simply Click on a Page and it will take you to that section.
- Another way is to follow links in Table of Contents – Exercise Menu.
- Also on the bottom of each exercise page there is a link >>>**Go Back to Menu** that will bring you back here. **Internal links are BLUE color**
- External links will take you to the pages on the website. When you click on those links your web browser will open. Those **External links are RED color**

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Free Penis Exercises in this E-Book

	Penis Enlargement Exercises	Users Rating as Most Effective for:
1.	Warm Up and Lubrication	Recommended before any Exercise!
2.	Power Stretch	Best for Length Gain and Head Gain
3.	Circular Stretch	
4.	Sit Down Stretch	
5.	Ultimate Jelq	Best for Girth Gain
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9.	Massage and Warm Down	End every Exercise with!

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[Click here to read what worked for my 2 inch Gain!](#)

Follow this link for [FREE Penis Enlargement Forum](#) discussions and chat and see what others have to say.

Warm Up - Penis Enlargement Exercise

An essential part of any workout is warming up. Make sure to do it before every any exercise. Below are detailed instructions to perform this procedure. You will also find advice on lubrication which is especially useful while performing jelq exercises.

Warm Up Instructions

Steps	Instructions
1.	Soak a soft wash cloth in hot water, then wring out any excess water. Test the cloth on your abdomen (prior to placing it around your penis) to make sure that it's a comfortable temperature.
2.	Wrap the cloth around the entire shaft of your penis (either flaccid or erect), being sure to enclose the head of the penis as well in order to trap the heat. Hold the cloth in position for 3-5 minutes.
3.	Remove the cloth.
4.	Dry off your penis thoroughly with a soft, dry towel to ensure a good grip for the exercises you're about to perform.

Notes

No.	Notes
1.	The warm up is important because it helps to draw blood to the penis; thus, increasing blood flow. The moist heat will also make the skin softer and more pliable, which shall ensure a better grip for the upcoming exercises.
2.	When you remove the cloth, the penis may look slightly pinkish in color due to the increased flow of blood as well as the heat of the cloth. Some men have a higher tolerance for heat or a darker skin pigment, so the penis may not look any different for some men. That's perfectly fine. Just be sure that you have held the hot cloth around your shaft for 3-5 minutes before removing it.

Lubrication

Lubrication is an important part of jelq exercises. Many lubricants can be used to jelq with. As long as the lubricant is fairly long lasting and reapplied when necessary it should be fine. Water based lubricants can normally be revived by adding a little extra water, so a cup of water to dip into while jelqing is useful.

For jelqing, we recommend Johnson's & Johnson's Baby Oil with Vitamin E added or Vaseline Aloe Naturals. Another good lubricant is Albolene liquefying cleanser.

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Power Stretch Technique - Free Penis Enlargement Exercise

By utilizing the power stretch technique you help to lengthen the suspensory ligament and tissues of the penis which will help to lengthen the penis over time.

Follow simple instructions to perform Power Stretch Exercise. Scroll down for Benefits of Power Stretch Exercises. (You should perform [Warm up](#) before doing this or any exercise.)

Power Stretch Instructions

Steps	Instructions
1.	Take the head of your penis in your hand and stretch it out directly in front of you, holding it for 4-5 seconds.
2.	Now, take your penis firmly in your hand and pull the penis to the right. Pull it until you can feel a pressure on the left side of your penis. Hold it for 4-5 seconds.
3.	Take the head of your penis in your hand and stretch it to the left, holding there for 4-5 seconds.
4.	This time pull your penis downward and hold it for 4-5 seconds.
5.	Finally, take your penis in your hand and pull it upward. Hold there for 4-5 seconds.
6.	Repeat from step 1 to step 5.
7.	Perform step 1 to step 5 for 15 times (5 minutes)

Exercise Notes

No.	Notes
1.	Warm up should be performed before doing this or any exercise.
2.	Make sure that your penis is in flaccid state while performing the exercise.
3.	When taking the head of your penis in your hand, pull the foreskin back so it does not get in the way. Remember you are pulling the penis NOT the skin.
4.	To achieve maximum results, for each step you should feel a good amount of stretch (but not too much)

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Circular Stretch Technique - Free Penis Enlargement Exercise

Circular Stretch Instructions

Steps	Instructions
1.	Take the head of your penis in your hand and stretch it out directly in front of you, holding it for 4-5 seconds.
2.	Take your penis firmly in your hand and pull it upward. Hold it for 4-5 seconds.
3.	Slowly rotate the penis anticlockwise until you return to the starting point. A full circle should take no longer than 5 seconds.
4.	Repeat from step 1 to step 3.
5.	Perform step 1 to step 5 for 25 times (5 minutes)

Exercise Notes

No.	Notes
1.	This exercise is a variation of Exercise 1: Power Stretch . You should perform Warm up before doing this exercise.
2.	Penis can be rotated either clockwise or anticlockwise.
3.	After each rep, you can slap the penis against the thigh and massage to restore circulation.

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Sit Down Stretch Technique - Free Penis Enlargement Exercise

Follow simple instructions to perform Sit Down Stretch Exercise.

Sit Down Stretch Instructions

Steps	Instructions
1.	Stand up and massage your penis until it is in a 30-40% erect state
2.	Take the penis and stretch it as far as possible under your backside
3.	Now, slowly sit down on the penis which should result in your penis being stretched as you sit down

Exercise Notes

No.	Notes
1.	This exercise is a variation of Exercise 1: Power Stretch . The main purpose of this exercise is to help you achieve flaccid length and girth.
2.	The exercise can be performed for as long as you wish but over 20 minutes is not recommended. Recommended timing for this exercise is 5-10 minutes.
3.	This exercise can serve as a relaxing exercise and can be performed at the end of any workout session.

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Ultimate Jelq Technique - Free Penis Enlargement Exercise

Ultimate Jelq Instructions

Steps	Instructions
1.	Massage your penis until it reaches 60-80% erection.
2.	Use your right hand and make an "OK" sign with your thumb and index finger and grip tightly around the base of your penis.
3.	Starting from the base of the penis, slowly pull (milk) towards the penis head. It should take 2-3 seconds to reach the glans.
4.	When you reach the penis head, take the left hand (the free hand), form a similar "OK" with the thumb and forefinger and start milking like you did before with the right hand.
5.	Repeat from step 2 to step 4. Alternate both hands in a smooth rhythmic ("milking") motion, touching upon every part of the penis except the very top part of the penis head.
6.	Perform the exercise for 5 minutes (100 strokes)

Exercise Notes

No.	Notes
1.	Warm up should be performed before doing this exercise.
2.	This exercise can be performed without lubrication. However, we strongly recommend that you use Lubrication while doing this exercise.
3.	Care must be taken that the exercise is NOT performed during hard erection. Vascular (vein) damage could result if the penis is forcibly milked in its fully erect state.
4.	Only moderate grips should be used. If you squeeze too hard, you could cause bruising and or rupturing of superficial blood vessels on and near the surface of your penis.
5.	Be sure to grasp all the way around the penis, so no blood escapes.
6.	While exercising, do not ejaculate. If you feel the urge to ejaculate, pause exercising for a few moments and wait for the urge to subside.

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Jelq and Hold Technique- Free Penis Exercise

Follow simple instructions to perform Sit Down Stretch Exercise.

Jelq and Hold Instructions

Steps	Instructions
1.	Massage your penis until it reaches 60-80% erection.
2.	Use your right hand and make an "OK" sign with your thumb and index finger and grip tightly around the base of your penis.
3.	Starting from the base of the penis, slowly pull (milk) towards the penis head. It should take 2-3 seconds to reach the glans. You will see that the head of your penis will expand with blood.
4.	When you reach your penis head, hold this position for 10 seconds.
5.	Repeat from step 2 to step 4 using the left hand.
6.	Perform step 2 to step 4 for 25 times (5 minutes)

Exercise Notes

No.	Notes
1.	This exercise is a variation of Exercise 4: Ultimate Jelq . You should perform Warm up before doing this exercise.
2.	This exercise can be performed without lubrication. However, we strongly recommend that you use Lubrication while doing this exercise.
3.	If you experience red blood spots at the end of your penis after a workout, don't worry this is normal and they should disappear after a few days.

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One Handed Jelq Technique - Free Penis Enlargement Exercise

Follow simple instructions to perform One Handed Jelq Exercise.

One Handed Jelq Instructions

Steps	Instructions
1.	Massage your penis until it reaches 60-80% erection.
2.	Use your right hand and make an "OK" sign with your thumb and index finger and grip tightly around the base of your penis.
3.	Starting from the base of the penis, slowly pull (milk) towards the penis head. It should take 2-3 seconds to reach the head of your penis.
4.	Release your right hand, take your left hand, form a similar "OK" with the thumb and forefinger and start milking like you did before with the right hand.
5.	Repeat from step 2 to step 4.
6.	Perform the exercise for 5 minutes (100 strokes)

Exercise Notes

No.	Notes
1.	This exercise is a variation of Exercise 4: Ultimate Jelq . You should perform Warm up before doing this exercise.
2.	This exercise can be performed without lubrication. However, we strongly recommend that you use Lubrication while doing this exercise.
3.	Care must be taken that the exercise is NOT performed during hard erection. Vascular (vein) damage could result if the penis is forcibly milked in its fully erect state.
4.	Only moderate grips should be used. If you squeeze too hard, you could cause bruising and or rupturing of superficial blood vessels on and near the surface of your penis.
5.	Be sure to grasp all the way around the penis, so no blood escapes.

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V Stretch Technique - Free Penis Enlargement Exercise

Follow simple instructions to perform V Stretch Exercise.

V Stretch Exercise Instructions

Steps	Instructions
1.	Use your right hand, creating an overhand OK grip and hold the head of the penis.
2.	Extend your penis slowly to a full stretch. Hold it for 5 seconds.
3.	Using the thumb of your left hand, apply pressure near the base of your penis.
4.	Move the thumb slowly down the penis, still applying pressure until it reaches the head of the penis. This should take no longer than 10 seconds.
5.	Move the thumb back to the base of your penis. This should take no longer than 10 seconds.
6.	Repeat from step 1 to step 5.
7.	Perform step 1 to step 5 for 12 times (5 minutes)

Exercise Notes

No.	Notes
1.	Warm up performed before doing this exercise.
2.	In order to achieve maximum benefit from this exercise, you should ensure your grip completely encircles the head of your penis
3.	Make sure NO lubrication is used otherwise you will not be able to grab the head of the penis.
4.	Make sure that your penis is in flaccid state while performing the exercise.
5.	If the grip should start to fail at any point release the tension carefully and reapply.
6.	If any pain is felt in the head of the penis from excessive pressure during the stretch, release the stretch, loosen the grip and gently squeeze the head between the thumb and index finger of the left hand, then tighten the grip again.

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Warm Down - Free Penis Enlargement Exercise

You should always end your penis exercise with warm down.

The penis enlargement warm down is just as important as the penis enlargement warm up. This heat application will keep the blood held within your penis and stimulate the damaged parts, restarting them to function better.

Follow simple instructions to perform Warm Down.

Massage and Warm Down

You should always end each workout with a gentle massage and hot towel warm-down. Applying heat and massage to the penis optimizes healing and rebuilding of your cell tissue.

Heat restores any nerve and sensitivity problems you may have incurred during your enlargement exercises and promotes faster regrowth of tissue cells.

Gentle Massage

After your workout, gently massage your penis for 1 minute. If you prefer, you can do this with a herbal cream, which is available for both sexes.

A soft, circular motion with your forefinger and middle finger along the base and shaft of the penis works best. Remember, your penis has just been through a strenuous workout so be gentle and soothing.

Warm Down

After your massage, apply another hot towel as you did with [Warm up](#).

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Penis Enlargement Resources:

- Our Main site: Penis-Enlargement-Exercise.net
- Compare Top Product: [Top Pills](#) - [Top Patches](#) - [Top Devices](#)
- What worked for me: [My recommendation](#)
- Professional Exercise: [Natural Penis Exercise](#)
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Recommended:

I strongly suggest you join the Mens Network - Free Penis Enlargement Forum



With over **50,000 registered users**, the [Mens-Network Penis Enlargement Forums](#) is one of the largest online communities dedicated to discussing issues which relate to male sexual health including discussions about Penis Enlargement Products, Techniques and Exercises. It's Free to join.

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Remember, SizeGenetics™ comes complete with the PenisHealth™ program and offers the fastest possible gains. [If you want to see quick results click here for the SizeGenetics™ system.](#)

Disclaimer

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