Chapter 4 - Advanced Penis Enlargement Exercises

You can also work out your penis in a more advanced way. These advanced exercises can add more strain to the area, making them more effective in the enlargement. Just make sure to do these advanced exercises after a few days or weeks of doing the typical ones.

Advanced stretching is one example of it. It is advanced in the sense that it stretches various parts of your penis. Some types of advanced stretching are the following:

 Wrist Stretch – In this technique, you need to apply pressure in the mid-section. It aids in stretching the ligaments in the area with more authority. Note, however, that before trying this out, you try simpler workouts first to avoid damage.

In this technique, you will need to grip the penis just below its head. Stretch it directly to the right and left, up and down, and in front. To increase pressure, take your free hand's wrist then put on more pressure to the middle shaft while stretching.

 Big Seated Stretch — This technique involves a long stretch, and works well if you have enough time and privacy as it often requires ten minutes of your time. The ten minutes required for this involve non-stop stretching.

While seated, grip your penis. You can do so if you raise one of your legs then put your hand beneath it and grip that part under the head. The next step is pulling with a lot of force then holding it for around ten minutes. Do the same but with your other leg lifted up.

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