

# “Free Technique to Enlarge Your Penis”

[www.Enlarge-The-Penis.com](http://www.Enlarge-The-Penis.com)

Thank you for downloading this free guide. In this quick guide we will show you a technique used to enlarge your penis using nothing but your hands

We must first know what penile exercises are.

Penile exercises are exercises that work the penis and range from basic exercise to advanced exercise. Much like weight training, a beginner will not jump right in into advanced techniques and like weight training, you must work your way up

(remember a larger penis takes some work but it is possible)

You should always know that before you do any exercises to the penis, you must always first warm up.

A warm up means actually warming up the penis much like you would before you do regular exercises or weight lifting. A Warm up is important because it enhances your gains and less likely for an injury.

There are many different ways to warm up the penis which include:

1. Moist Heating Pad
2. Warm Wash Cloth
3. Heat From Lamp

**\*Please Remember, Use Commonsense and don't burn yourself. IT SHOULD BE WARM NOT HOT!**

There are many ways to warm the penis but the easiest to do is while in a warm shower.

**\*YOU MUST WARM UP BEFORE ANY EXERCISE PLEASE!**

Warm up for only a little while not to long (2-3 Minutes)

**Now That Your Penis Is Warmed Up, You Are Ready For Exercises**

**We will be doing the exercise called "The Stretch"**

The Stretch is the oldest form of techniques used to enlarge the penis and is still a very effective method (especially for beginners)

To do the stretch you:

1. Grip the penis (do not grip the penis head)
2. Gently pull downward (Hold for 30 Seconds)
3. Then repeat in the following directions: Right, Left, Up, Down
4. Hold each for 30 seconds
5. Make sure your penis is flaccid (Not Erect)

\*You should pull hard enough to stretch the tissues in the penis but not too hard that you start to feel pain.

\*It's not uncommon to feel a slight tingling sensation, itchiness, or fatigue in the penis. You might even feel a small burning sensation but that's ok. If you do start to feel pain, STOP. Pain is Bad. You are probably using too much intensity.

You can learn more about stretches and other very useful techniques at Penis Advantage.

Visit [Penis Advantage](#) to Get Full Techniques and Exercises

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