

8- Multiple Pull

Penis state: Flaccid

Target muscles: Forearm, Arm, Side chest, Wrist

Penis strengths: Length increase

Safety: Avoid harsh pulling.

Repeat: 20 times

Stand straight with legs slightly apart.

	
1- Grab the tip of the penis by the right hand (thumb in) and support your testicles from dangling by your left hand.	2- Pull and stroke the whole penis sideways toward your right waist and then return to the first position.
Repeat also the same exercise in the following directions;	
	
* Pull upward toward your right armpit.	* Pull upward toward your head.



*** Pull upward toward your left armpit.**



*** Pull sideways toward your left waist.**



*** Pull downward toward your left knee**



*** Pull downward between your thighs.**



*** Pull downward toward your right knee.**



*** Then repeat all the exercises by your left hand.**