

# 6 MISTAKES TO AVOID WHEN DOING PENIS ENLARGEMENT

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## WHY YOU SHOULD AVOID MAKING THESE MISTAKES

### INJURY AND WASTING TIME

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Avoiding injury has two major reasons. One is general penile health, you need your penis working properly. After all, you use it every day when you use the bathroom. The second reason is because injury creates long-setbacks. If you injure yourself, you cannot continue to do penis stretching training, which adds on a 1-3 months of delay because you need to focus on recovery, instead.

### MAXIMIZING EFFICIENCY TO DESIRED RESULTS

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Maximizing efficiency is important because while we all want to get results instantly, the simple fact is, it's impossible. No bodybuilder went from 150 lbs. to 230 lbs. in a month. However, we can focus on avoiding mistakes and doing the correct things to make sure we are efficiently maximizing our efforts to achieve results as fast as possible.

### THIS GUIDE EMPHASIZES ON PENIS STRETCHING TRACTION METHODS

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The reason we focus on penile extender traction methods is because they are clinically proven. The purpose of this guide is to fill in the blanks so that you avoid any pitfalls when you start to use the penis stretching methods.

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## MISTAKE 1: USING TOO MUCH FORCE WHEN STRETCHING

### THE BIGGEST MISCONCEPTION: "I NEED TO USE LOTS OF FORCE"

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When you work out at the gym, what size weights are there, usually? The dumbbells usually range from 5 lbs. to 80 lbs. For most people, 5 lb. to 40 lb. dumbbells are what most people deal with. These weights ranges are fairly comfortable for people to use and, of course, with sufficient training, you increase to much higher.

That's the context for gym weight training.

How about for penis stretching? Your penis is not a muscle, it's a flexible organ. It is simply not capable of handling 10 lbs. of force, especially when you're first starting out.

Yet for some reason, guys feel that they have to apply such large forces to the penis to achieve results. This couldn't be further from the truth.

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**FORCE ON ITS OWN DOES NOT INCREASE LENGTH, REPAIRING MICRO-TEARS DOES!**

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The force you need to apply is just enough to induce micro-tears in your penis tissue. Fortunately, this is way less than 3 lbs. of force. In fact, the micro-tears are safely generated by applying small to moderate force for **LONG PERIODS OF TIME**. Applying a small force for long periods of time (4-6 hours a day), is the correct way to create the micro-tears and go about penis stretching. It's also the best way to ensure safety and prevent injury.

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**GOOD NEWS: YOU DON'T HAVE TO MEASURE THE EXACT FORCE!**

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Since the emphasis is focused on the time, and not so much the level of force, this allows you to not be so concerned with the exact force you need to apply. The best rule of thumb is: **APPLY ENOUGH FORCE THAT KEEPS YOUR PENIS IN ITS FULLY ELONGATED, LENGTHENED TRACTION POSITION.**

That's as much force as you need to apply. The long duration will slowly, but surely act upon your penis, inducing the necessary micro-tears to be repaired bigger and stronger, later.

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**MISTAKE 2: STRETCHING FOR TOO MANY HOURS A DAY**

**IT DOESN'T GIVE YOUR BODY TIME ENOUGH TO REPAIR AND GROW BIGGER AND STRONGER**

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Another extremely common problem we see with guys is similar to using too much force when stretching. They feel that if they stretch longer during the day, they will make gains faster.

Unfortunately, this is not true, simply because cellular growth mostly due to the hormones in your body. For example, when everyone hits puberty, you get your “growth spurt” because of the massive hormonal changes that are going through your body.

Remember, stretching facilitates, or induces penis growth, by creating the micro-tears, and then your body responds to the changes by repairing the tears bigger and stronger.

If you stretch for too long each day, your body doesn't have enough time to repair itself. This is exactly like the key tenet of weight training: Adequate rest and recovery is essential to maximizing gains. Bodybuilders will do this by not working a muscle group in consecutive days, but rather let the muscle group rest and work on a different muscle group the following day.

#### AIM FOR 4-6 HOURS OF STRETCHING A DAY

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However, you don't want to stretch too little hours during the day such as to not stimulate significant growth. If you are stretching between 4 – 6 hours each day, you're right on track. We don't advise going over 8 hours a day.

### MISTAKE 3: NOT WARMING UP BEFORE STRETCHING

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NOT A MISSION CRITICAL MISTAKE, BUT HELPS TO MINIMIZE TIME-TO-RESULTS

#### HOW TO WARM-UP

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This is one of the most important things you do to prevent injury:

With a HOT wash cloth, warm your entire groin area for a period of 8 to 10 minutes. Re-heat washcloth every minute or so to keep it hot. This is recommended, as moist heat penetrates better.

You may also use a heated Rice Sock.

Making sure your penis is wrapped and thoroughly heated.

You want to feel your penis radiating heat when you are through. You want to warm all the LIG's even the ones under your penis and the sides of your groin area.

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## MISTAKE 4: NOT BEING CONSISTENT WITH YOUR DAILY STRETCHING

### HOW IMPORTANT IS CONSISTENCY

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Extremely important. No consistency, no results. Period.

While you won't technically *lose* your results if, for some reason, you fall-off with your routine, the results you get by 2-4 weeks won't be noticeable.

Then some guys actually believe that penis stretching doesn't work. When, in fact, the problem was that they never really committed and stuck with a solid routine.

### CONSISTENCY IS VERY HARD WITH MANUAL EXERCISES

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We're going to be honest. Doing manual exercises is extremely hard to maintain consistency with.

Most guys will be super motivated, and go strong and do their daily exercises for 2 weeks.

Then they might start missing a couple days by week 3. No big deal right?

Well, 2 missed days a week turns into 3, then, by the time you know it most guys say to themselves "is it really worth it?" or "I have to focus on other priorities right now (work, school, etc.)".

We've all been there. Whether it's getting in shape, or working on a long-term side project, lack of consistency is the single-most important reason why we don't reach the goal. It's marathon, not a sprint.

### HOW TO IMPROVE CONSISTENCY

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The key to being consistent is developing a routine.

**A ROUTINE IS WHERE DESIRE AND COMMITMENT MEETS, PRACTICALITY.** This is pretty self-explanatory. If you value health over money, you'll find yourself cooking your meals every day rather than eating-out every night. Or probably some healthy medium: e.g. eat out for lunch, cook for dinner.

The easiest way to stick with a routine is to make it as easy as possible on yourself. For example, if you want to get fit, you may want to consider buying a gym membership that does laundry for you (at a small extra cost), so that that you always have work-out clothes, and decrease the possibility of missing a workout – prevent yourself from having an excuse like, “Oh, well I don't have clothes today, I'll just workout tomorrow.”

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## MISTAKE 5: NOT IDENTIFYING PAIN AND STOPPING WHEN THERE IS

### THERE IS “GOOD” PAIN AND “BAD” PAIN

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Let's be real clear on what pain is good and what pain is bad. Pain is your body's natural line of defense to let you know that something is wrong. Without pain, we could be putting our hand on a stove, and not even know it. With pain, our body can make a sound judgement and react to such dangers.

### GOOD PAIN: SLIGHT DISCOMFORT

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These are sensations that you should be experiencing if you're doing penis stretching correctly.

- Mild burning sensation, similar to muscle soreness during a gym workout.
- Slight, weak sensation after finishing manual exercises, or a penis extender device session.
- Rashes. While common, yet annoying, and provide slight discomfort, sometimes they are unavoidable, but tend to go away after a while.
- Any discomfort that goes away after 30-minutes to an hour.

### BAD PAIN: SHARP, INTENSE, EXTREME SENSATIONS

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These sensations occur when you've either over-trained or pushed yourself too hard. As with any form of physical therapy, to extremely minimize the risk of such injury, start off small and easy, and work your way up.

- Any sharp, acute, intense pain in penis ligaments or skin.
- Any pain that lasts more than 24 hours and has no signs of decreasing in intensity (see a doctor, immediately).

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## MISTAKE 6: STRETCHING WHILE SLEEPING

### WHY IS IT BAD? ISN'T IT THE BEST TIME TO MULTITASK?

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For those using penis extender devices, some may naturally have the idea, "Hey, why don't I stretch at night – it's the perfect time to multitask." Some may also hear the idea from other people. Fair enough, but we'll tell you why you should never stretch at night.

### NO WAY TO MONITOR STATE OF STRETCHING

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When you're sleeping, your detection senses are completely impaired. This is bad because the device may slip off, especially if you roll around in your sleep. If this happens within the first hour or so, and the device comes off, you're effectively not stretching at all, and you won't get results.

The opposite is also true. Say you sleep for 8 or more hours and the device stays on that whole time. This starts to get into the region of overtraining and can negatively affect your results and penis health.

Additionally, if a device malfunctions on you, it has risks against your health and you have no way to monitor or fix the problem.

### NOT GETTING A GOOD SLEEP

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This is **A HUGE REASON**, and by itself, is the best reason to not wear a penis traction extender device while sleeping.

Wearing a penis device creates a slight discomfort at your pelvis area, naturally, because it is a training exercise. This is normal. However, this discomfort while

trying to sleep is completely abnormal. It will affect your sleep quality, ability to fall asleep, and ability to stay asleep.

Hate to say it, but sleep is way more important than penis size. Quality of sleep affects how you function during the day, your mood, as well as happiness, and productivity. It also affects hormonal balances that directly affect your health. Sacrificing these essential lifestyle factors for penis size is completely not worth it.