

HOW TO PERFORM A BALL STRETCH

1



Consult with a professional.

2



Sterilize

3



Apply lubricant.

4



Pull the scrotum downward while holding it between thumb and index and hold for 15 sec

5



Massage the scrotum in circular motions

Ball Stretching Guide

Mark Gola

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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