

Forum:[Hack Forums](#)

Thread: [Unknown advantage of low BF% - it increases your penis](#)

karuzzo - December 20, 2023, 1:59 am

Losing 10kg (1st 8lb) or so will give the penis an extra centimetre in length.

While some sites claim this benefit only works for extremely obese men, I cannot confirm this.

Going from 22% to 12% body fat allowed me about 1.2cm or roughly half an inch of more visual length.

May not sound like a lot, but the result is visible.

And this is just one benefit of many.

So guys, no excuse to let the diet slip ?

Eran - December 20, 2023, 4:38 am

[DashPHP](#) here is the solution for your smol pp

DashPHP - December 20, 2023, 4:53 am

(Dec 20, 2023 02:59 AM)karuzzo Wrote: [\[CITE\]](#) Losing 10kg (1st 8lb) or so will give the penis an extra centimetre in length.

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I almost wanna say I feel the same. I didn't take measurement per sae, but sometimes I do get surprised. :D

Well done on your body fat % gains, I need to measure mine. Wish I did when I started years ago.

karuzzo - December 20, 2023, 12:16 pm

(Dec 20, 2023 05:53 AM)DashPHP Wrote: [\[CITE\]](#) I almost wanna say I feel the same. I didn't take measurement per sae, but sometimes I do get surprised. :D

Well done on your body fat % gains, I need to measure mine. Wish I did when I started years ago. Thanks man.

I did not diet because of the penis size obviously. But one time I looked down and thought "mooomeeennntt, something is going on here".

Since I had most fat in the belly region, it was a great difference.

The first few weeks of the diet were very hard for me since I was not used to the caloric restriction. But when you start to see results it is well worth it.

DashPHP - December 20, 2023, 12:19 pm

(Dec 20, 2023 01:16 PM)karuzzo Wrote: [\[CITE\]](#) Thanks man.

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I had the exact same experience in all honesty. It was simply a positive by product of losing access fats, and I swear it looks better with the surrounding muscles pumped. :D

Jamika - January 23, 2024, 11:28 am

(Dec 20, 2023 02:59 AM)karuzzo Wrote: [\[CITE\]](#) Losing 10kg (1st 8lb) or so will give the penis an extra centimetre in length.

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Is that from medical research? Cuz i know that opasity affects, but i doubt that its by that measures, not 10/1 at least

karuzzo - January 23, 2024, 1:22 pm

(Jan 23, 2024 12:28 PM)Jamika Wrote: [\[CITE\]](#) Is that from medical research? Cuz i know that opasity affects, but i doubt that its by that measures, not 10/1 at least

It is from general medical research, but there is no specific study where they tested this.

It depends on how much fat you carry around your pelvic area and can be less or slightly more.

I personally gained about the 1cm with 10-11kg of weight loss.

If you are already lean with 12% body fat or less, weight loss will not work for you.

You can simply compress the pelvic area with a solid ruler and measure the difference between your bone pressed erect length and non bone pressed erect length.

This is the size of your fat pad and thus your potential for gains.

Say your fat pad is 2.4cm at 21% body fat.

It is reasonable to assume it will shrink to 1.3cm at 11%.

If you already start with a fat pad of only 1cm, there is little room to gain.

Jamika - January 23, 2024, 1:32 pm

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Yes thats what i mean, i am now 60kg, remember when i was 70 i was not bad, i think its in case of high fat body wait will be accurate

Komodo - January 23, 2024, 10:13 pm

I guess you can call it growing.

In actuality you're losing the fat that was covering part of it.

karuzzo - January 24, 2024, 6:15 am

(Jan 23, 2024 11:13 PM)Komodo Wrote: [\[CITE\]](#) I guess you can call it growing.

In actuality you're losing the fat that was covering part of it.

True. "Growing" just sounds better ?.

But I think lots of people are not aware of this fact, so I tried to spread the info.