

Doing exercise

Posted by ShtettlMan - 19 Jun 2024 14:38

Hi everyone,

I juste wonder if anyone here has the same problem as me, never dared asking anyone I knew case.

When I exercise whether it is push ups, squats or jump rope, I have zera that gets out but without even thinking about bad things or willing it.

So I don't even know if exercizing is moutar...

ShtettlMan

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Re: Doing exercise

Posted by chosemyshem - 19 Jun 2024 14:56

[ShtettlMan wrote on 19 Jun 2024 14:38:](#)

Hi everyone,

I juste wonder if anyone here has the same problem as me, never dared asking anyone I knew case.

When I exercise whether it is push ups, squats or jump rope, I have zera that gets out but without even thinking about bad things or willing it.

So I don't even know if exercizing is moutar...

ShtettlMan

Are you sure it's zera and not urine? Urine leaking while exercising isn't uncommon and there are exercises that can strengthen your muscles to hold it in.

It's a good question to ask your doctor if you can.

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Re: Doing exercise

Posted by BenHashemBH - 19 Jun 2024 14:57

I'm sorry that you have this complication.

Are you sure that it is zera (and not the lubricant that precedes it)? Certain exercises can help strengthen the pelvic muscles that hold in zera and urine. Do you ever have issues with urine leaking out?

We cannot pasken on a forum and it is probably a normal thing that you could discuss with a medical professional.

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Re: Doing exercise

Posted by just_me - 19 Jun 2024 15:38

Interesting side affect. I have never experienced this myself.

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Re: Doing exercise

Posted by ShtettlMan - 19 Jun 2024 15:45

D'après ce dont je me souviens, c'est du vrai zéro, mais je ne peux pas essayer de faire de l'exercice pour le sortir à nouveau, car je ne sais pas si c'est même mutar.

Je n'en ai pas parlé à mon médecin, j'ai trouvé ça trop bizarre...

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Re: Doing exercise

Posted by redfaced - 19 Jun 2024 16:23

[ShtettlMan wrote on 19 Jun 2024 15:45:](#)

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Je n'en ai pas parlé à mon médecin, j'ai trouvé ça trop bizarre...

Sure no worries I GOT THIS

[ShtettlMan wrote on 19 Jun 2024 15:45:](#)

From what I remember, it's real zero, but I can't try to exercise to get it out again, because I don't know if it's even mutar.

I didn't talk to my doctor about it, I found it too weird...

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Re: Doing exercise

Posted by ShtettlMan - 19 Jun 2024 17:05

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Re: Doing exercise

Posted by siyatta - 19 Jun 2024 17:07

Is it even possible to have an emission without an erection? I would google it but my filter won't let, (besides who knows what kind of garbage I'd find). I would imagine that it's not zera you're dealing with.

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Re: Doing exercise

Posted by chosemyschem - 19 Jun 2024 17:13

[siyatta wrote on 19 Jun 2024 17:07:](#)

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Google think it's technically possible (but pretty rare) to ejaculate from exercising without getting an erection. The recommended solution is less intense exercise and breaks between sets. But that would be a full ejaculation. I didn't see anything about just drips of zera from exercising. Not googling more sorry.

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Re: Doing exercise
Posted by BenHashemBH - 19 Jun 2024 17:26

I'm sure most doctors would not find this question strange. You could probably arrange a phone call appointment if you'd rather not ask in person. The doctor could provide insight and direction. Hatzlacha.

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Re: Doing exercise
Posted by ShtetlMan - 19 Jun 2024 17:27

Yeah totally understand, thanks for your help!!

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Re: Doing exercise
Posted by richtig - 19 Jun 2024 17:45

From what I remember, it's real zero, but I can't try to exercise to get it out again, because I don't know if it's even mutar.

I didn't talk to my doctor about it, I found it too weird...

Completely understand the awkward feeling! Having said that, I was just in a doctor's office and overheard a conversation one of the staff was having with a guy on the phone about his urine sample; they also asked him if he recently had intercourse because there was sperm in his urine. Just saying, it's completely normal stuff they deal with on a regular basis

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Re: Doing exercise

Posted by ShtettlMan - 19 Jun 2024 20:42

Maybe I should try to call them first

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Re: Doing exercise

Posted by doingtshuva - 19 Jun 2024 22:20

Does it happen to you while exercising in a mix gym ?

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Re: Doing exercise

Posted by neshomo kedosha - 19 Jun 2024 23:11

[richtig wrote on 19 Jun 2024 17:45:](#)

Having said that, I was just in a doctor's office and overheard a conversation one of the staff was having with a guy on the phone about his urine sample; they also asked him if he recently had intercourse because there was sperm in his urine.

I'm guessing the question about intercourse is the polite option, they not gonna suggest the

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other tzad...