

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 doingtshuva - 20 Jun 2024 20:56

I don't know what to tell you, but after googling abit, I understand that it is an issue by some people.

Talking to your DR' about should be a good idea

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Re: Doing exercise

Posted by tryinghardq - 04 Jul 2024 01:59

wow!! never thought there is another soul on this world that has it. yes, i suffer from it too, and yes, it is zera. i second on any help that someone can bring, because i hold back from exercising because of it.

thanks in advance.

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Re: Doing exercise

Posted by BenHashemBH - 04 Jul 2024 02:30

[tryinghardq wrote on 04 Jul 2024 01:59:](#)

wow!! never thought there is another soul on this world that has it. yes, i suffer from it too, and yes, it is zera. i second on any help that someone can bring, because i hold back from exercising because of it.

thanks in advance.

Have you spoken to a Dr?

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Re: Doing exercise
Posted by yitzchokm - 02 Sep 2024 16:36

I would ask a doctor and then ask a rov.

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Re: Doing exercise
Posted by tryinghardq - 16 Jan 2025 21:00

it is not medically. its a physical erection thats caused by straining certain muscles, specifically the abdominals.

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Re: Doing exercise
Posted by dreamyunicorn28 - 16 Jan 2025 22:21

On a serious note, I never heard of something like this so I have nothing to say other than that you sound like a good Jew wanting to do the right thing.

Hatzlacha!

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Re: Doing exercise
Posted by menachemgye - 11 Mar 2025 08:10

This issue is called "coregasm", and while uncommon, it's much more common than people think. It's not something a Dr. can help you with, as scientists don't understand what causes it - but it doesn't affect all workouts, e.g. running, swimming, jumping jacks, etc. should be fine. You might need to experiment to see what works for you.

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Re: Doing exercise
Posted by chancyhk - 11 Mar 2025 20:41

Did you try doing Kegels? Those exercises strengthen the pelvic muscles, it might help you.

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