



SEXERCISES

Exercises For Bigger
Pennis, Stronger
Erections And Longer
Lasting Sex

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Introduction

You see, the type of exercise you often do can either enhance or decrease your libido, erection strength, and even penis size due to hormonal changes.

In case you're not aware, the primary hormone, testosterone, responsible for sex drive and muscle size, starts to decrease from around the age of 25 in men.

Even worse, too much cardiovascular type of exercises like running, jogging and so on can actually decrease your testosterone. This is because too much of these kinds of exercise tends to increase the stress hormone '*cortisol*'.

On the other hand, lifting weights (or weight training) can actually increase your testosterone level. However, too much weight training can also be bad for you. Weight training 3 to 4 times a week, no more than an hour per session is the sweet spot that can help enhance your testosterone level.

Now, we have a general overview of which types of exercise you should mostly be doing and how often, let's drill down to the simple and most effective exercises you should focus on.

These simple exercises will naturally help prevent erectile dysfunction, increase erection strength, improve your stamina, prevent embarrassing premature ejaculation and even increase the size of your penis. All of which allows you to satisfy your partner better and longer than ever.

And the best part is results can be seen and felt in a few short days doing these exercises.

Okay without further ado, let's start with the first set of exercises...

Exercise For Better Erections And Lasting Longer In Bed.

Here is the list of some of the most effective exercise for stronger erections and lasting longer in bed. Doing some of these exercises comes with a bonus of giving you better orgasms, just so you know.

Here are the exercises:

1. The “9-5 Technique”

The 9-5 Technique does not involve going gym whatsoever, yet it’s one of the best exercises to strengthen your penis while increasing your staying power at the same time.

The way to do it is simple.

Imagine if you will, that your arousal level is measured on a scale of 1 to 10. One being you’re sitting for an exam with no interest in sex whatsoever, and ten being having an orgasm (or cuming)

Now, the 9-5 Technique is simply repeatedly raising and lowering your arousal level between 9 and 5 on the arousal scale.

The way you do this is by Masturbating to arousal (without porn). And through the quickening and slowing down stroking of your penis, you want to be rising and falling your sexual arousal between a 5 to a 9.

To be clear, 5 is where you’re still quite erect but not ready to cum yet. And 9 is is nearing the point of no return.

So once you're approaching 9, you ease back to 5. up and down, up and down, like that.

You want to do this rising and falling pattern between 9 and 5 for sessions of 20 minutes or more. Don't worry, it's easier than it sounds.

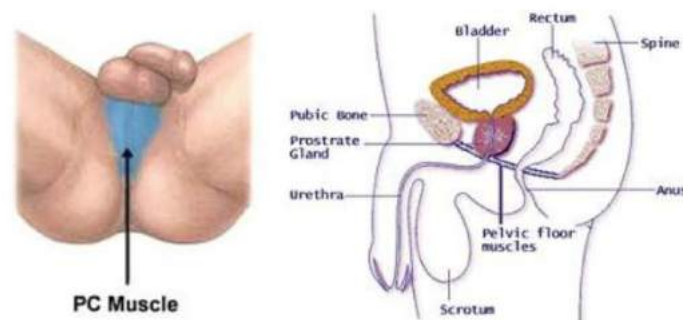
You see, this technique is so powerful because the more you do it, you get more awareness and control over your ejaculatory response.

Your "pull out" game will be on point. Your sexual stamina and orgasm will be upgraded for sure. And you'll be able to satisfy your partner better.

onwards...

2. Kegels

Kegel is a "non-exercise" exercise that targets and strengthens the PC/pubococcygeus/pelvic floor muscles. It is the muscle between your genitals and anus, which you use in holding fart or stopping the flow of urine.



You see, having a strong PC muscle has the following benefit:

- Stronger and fuller erection
- prevents premature ejaculation and increase staying power
- better orgasms
- stronger prostate

- Helps improvement an overactive bladder or urinary incompetence

As you can see PC muscles are very important but are largely ignored.

That's why kegels are really important exercises because they can literally give you a six-pack in your pants. And the best part is you can do it right now while reading this guide. It requires no gym, no equipment or any real movement.

The kegel exercises are done by "flexing" the PC muscles several times. To "flex" this muscle is very simple.

The hardest part is isolating the PC muscles and then the next hardest part is simply remembering to do it.

The easiest way to locate the PC muscle is by contracting your anus muscles as if you're trying to hold a fart. Go ahead and give it a try now.

Another way to do this is to stop peeing midway through. Thus as you're peeing "contract the muscle" that would stop the pee, midway through.

And that's it. that's the kegel exercise. Super simple, but extremely effective. you can literally do it anywhere and anytime and nobody would know.

To summarize, here's how to do kegel exercise:

Step 1: Contract the PC muscle (like your holding in a fart)

Step 2: Squeeze (hold for 2-5 seconds)...and...release (That's one rep)

And that's it. Just ensure that you're not squeezing your anus and the muscles of the buttocks are fully relaxed when doing kegels.

For sets and reps, try to do 3 sets of 10 repetitions, 3 times weekly. Over time you can build up to the maximum of 5 times weekly (nothing more).

Remember, **don't** do kegel exercise every day. Just like any other muscle, the PC muscle also requires rest to get stronger.

3. Squats

A weak PC muscle, as you know, can lead to erectile dysfunction and premature ejaculation.

If you have weak glutes then you probably have weak PC (pelvic floor) muscles. And there's no better way to strengthen your glutes than to do good old squats.

Squats are also well known to increase testosterone levels and blood flow to the pelvic region. In addition to all that, squats also help strengthen your lower body for a more powerful thrust both while you're on top and while your partner is on top.

Overall, squat are amazing exercises for sex. When doing your squats make sure you keep your knees pointed out and you sit back on your glutes while squeezing them.

Exercise For A Bigger Pennis

You're probably thinking, is it even possible to make your penis bigger naturally? The answer is yes.

And you can do it without pills, fancy gadget or anything crazy like surgery.

You see, depending on your genetic, your penis is made up of somewhere between 30-60% smooth muscle tissue. So by working on the penis muscle and little patience, it can grow bigger.

So how do your work on the penis muscles?

Simple by doing power kegels AKA penis push-ups. How it's done is simple:

First, you Masturbate to arousal and place a dry hand towel over your erect penis. With the towel in place, you do the penis push-ups by squeezing your PC muscle (i.e kegels) and lifting the towel.

use a wet hand towel once you have mastered the dry hand towel push up. After that, you can upgrade to a small dry beach towel.

Once this gets easier, to increase the difficulty of this exercise, make the hand towel wet with water, and then graduate to small beach towels after that.

You begin to see a noticeable difference within a few weeks of doing this exercise. For best result, do these exercise twice a week.

Here's A Progressive 8 week Structure You Can Follow

Guidelines

Pulse: - Means you squeeze your PC muscles for about a second and release for a second

Hold: - Means you squeeze your PC muscles and hold it for a couple of seconds (3 to 5 seconds) then you release for a second.

Rest between Sets: 20 to 45 seconds rest between each set.

No of times per week: Do the exercise Twice weekly with at least two consecutive rest days in between for penial muscles to rest and recover (e.g Mondays and Thursdays)

8-week plan

Week 1: 20 pulses * 2 sets

Week 2: 20 pulses * 2 sets + 3 second holds, 5 times * 2 sets

Week 3: 20 pulses * 2 sets + 3 second holds, 10 times * 2 sets

Week 4: 30 pulses * 2 sets + 5 second holds, 4 times * 2 sets

Week 5: 20 pulses * 2 sets + 5 second holds with a **dry towel** over your erect penis as added weight, 2 times

Week 6: 20 pulses * 2 sets + 5 second holds with a **dry hand towel** over your erect penis as added weight, 4 times

Week 7: 20 pulses * 2 sets + 5 second holds with a **wet hand** towel over your erect penis as added, 5 times

Week 8: 20 pulses * 2 sets + 5 second holds with a **dry bath** towel over your erect penis as added weight, 2 times

NB: It's important not to overtrain, if you feel any residual soreness, take 5, 6 or even 10 days off before continuing.

Exercise For Strength And Stamina In Bed

So far, so good, we've covered how to strengthen your penis and increase your staying power. However, there is still one piece of the puzzle left for complete sexual domination in bed.

You see, sexual stamina is not only limited to penis performance but you're entire body's performance.

That's why it's required for your entire body to be fit and ready, especially the body part that tends to be more involved during sex.

That said, here are workouts to build up your body's bedroom strength and stamina:

1. Core Exercises

In almost every sexual position, your abdominal and lower back (i.e core) muscles get used quite a bit.

A strong core not only improves your thrusting ability but also prevent injuries during sex and provides you with balance in a variety of sex positions.

Great exercise for core strength includes deadlifts, inverted curls, sit-ups and planks.

Most especially planks because they are quite easy to do, require no gym equipment and are very effective for bedroom endurance and stamina. They not only strengthen your core but give your arms staying power for missionary or other on-top positions. Try hold planks for 30 to 90 seconds for six round every day if you can.

2. Push-Ups

Push-up is a classic exercise that provides you with an overall sexual power and endurance. Especially for the missionary position

If you commit to doing them regularly, you'll notice a difference in your staying power, your ability to maintain a strong thrust and increase your overall core and upper-body strength during sex.

3. Tongue Push-ups

When it comes to oral sex, your tongue is one of your greatest weapons.

So, it's a good idea to strengthen it. And the tongue push-ups are the right exercise for the job.

Tongue push-ups strengthen your jaw and tongue muscles.

Here's how it's done...

Push the underside of the tip of your tongue into the front of your hard palate (the front of the roof of your mouth, right behind your front teeth).

Do this enough times with enough strength and it will become easier over time.

To take this exercise to the next level you can start putting hard-shelled chocolate candies or grapes between your tongue and the hard palate and practice crushing them with your tongue's force.

Doing this exercise would help you use your tongue like a finger and give you more stamina for oral sex.

4. Forearm Curls

Whether you're trying to support yourself or partner for a position... or... stimulating her G-spot...or pinning her against the wall, you require a level of forearm strength and endurance.

Forearm strength is an essential element for a more fun and stimulating sex life.

And one of the best ways to strengthen your forearm is by doing forearm curls.

5. High-Intensity Interval Training (HIIT)

High-intensity interval training (HIIT) is a short, sweet and super effective way to increase your stamina and endurance in and out of the bedroom.

And you can do it just about anywhere.

That's not all, HIIT has also been found to help boost a man's testosterone level. Do at least 1 to 2 high-intensity exercise sessions per week and in no time begin to notice its effect on your sex life.

Okay, there you have it good friend, put these exercises to work yourself and become a beast in the bedroom.