

Sexercise: How to exercise your way to sexual fitness

Hofer, Jack L

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Sexercise How To Exercise Your Way To Sexual Fitness

Leah Schwartz, Bob Schwartz



Sexercise How To Exercise Your Way To Sexual Fitness:

Sexercise Jack L. Hofer, 1979 **Sex Workout for Men: Sex Exercise for Hot Sex Now** Josh Matthews, Want to improve the quality of your sex life and have better sex Start with Sex Exercise Sex Workout for Men is a comprehensive book containing information workouts and nutrition to have better sex and live a healthier life There is a secret to great sex that no one talks about Exercise Exercising key muscles can mean the difference between finishing strong and conking out mid session Josh Matthews has over 15 years experience in the health and fitness field and has seen first hand what works and what doesn't He has put together a comprehensive workout that uses specific exercises to give you the best results in the bedroom Sex Workout is specifically designed for Men to help you Have a More Fulfilling Satisfying Relationship Enhance Performance Lose Weight Save Money Eat right Increase Strength Stamina Flexibility Endurance Train in your home Have More Confidence Look Feel Better Have Better Sleep Enjoy a Quality Life Features 25 chapters of life changing info Sex workouts developed by a certified strength and conditioning specialist In depth exercise photos and instructions for each exercise Over 25 Sexual Position illustrations and instructions Guide to Foods for Hotter Sex Top Sex Tips and Tricks

The One-Hour Orgasm Leah Schwartz, Bob Schwartz, 2006-05-30 The One Hour Orgasm is one of the best most tasteful explicit and effective sex education books ever published It demonstrates with pictures and words how you can master the famous Venus Butterfly technique immediately improve your intimate experiences and enjoy ever expanding levels of pleasure in your sex life The book is filled with fresh easy to learn new approaches and photos to aid the reader in learning sensual safer sex skills and what the authors trust you will find to be the most gratifying lovemaking techniques ever discovered Women will learn how to Increase the strength and duration of his erections Initiate sex without effort on his part Avoid common mistakes in the bedroom Put the fun back into any relationship Men will learn how to Thoroughly satisfy her every time Increase the frequency of sex by making it more pleasurable for her Avoid common mistakes in the bedroom Be more self confident as a lover PLEASE NOTE This ebook contains quizzes and writing exercises that will require writing materials to complete

Maledicta Reinhold Aman, 1983 **Subject Catalog** Library of Congress, **American Book Publishing Record**, 1983-04 Subject Catalog, 1979 Library of Congress, 1979 **Publishers Weekly**, 1979 **The Publishers Weekly**, 1979

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