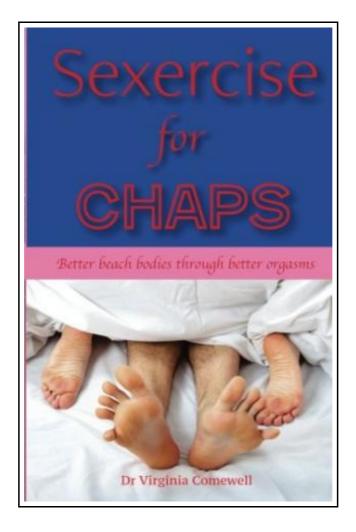
Sexercise for Chaps: Like a Workout, But Better. Better Beach Bodies Through Better Orgasms (Paperback)



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Reviews

This type of ebook is everything and helped me looking forward and a lot more. It is actually full of wisdom and knowledge I realized this book from my dad and i suggested this book to discover. (Estelle Grady Sr.)

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Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand ******.Get it up, get it on and get it off (the beer belly) Hump until you re pumped Get buff while you bonk . read on: Sexercise is all about getting fitter through sex. Most of us want to be fitter. We want to look more impressive and feel better. We also like sex. This is about how to combine sex and exercise. Think win win. This book will show you the benefits to health and mental wellbeing of lots of sex. If you aren t fortunate enough to have plenty, it will help you make the most of what action you do get. And even how to practice on your own to greatest efficiency if that is what your current life situation is. It is not a sex manual, there are plenty of those on the market. It is a do-it-yourself guide to making the most out of each and every orgasm. It is about making each one count. We live, thrive and survive so much better when we have more orgasms. Only really chafing and pressing activities of daily living limit the sheer quantity what is good for us. With sexercise, it is all about making the most out of every episode. With enough forethought, planning and concentration you should be able to have not only a great session but you should be able to tone your muscles, work on your cardiovascular fitness and improve your mental wellbeing to boot. All this and an orgasm - what is not to like? It s not a workout - it is better. Feeling fitter feels good. Doing the exercise that gets you fitter also feels good. Getting that...

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