



## Sexual Fitness: The Ultimate Guide to Pump While You Hump, Tone While You Bone and Shred in the Bed (Hardback)

By D. J. Gugenheim, Marc Fellner-Erez, Anat Fellner-Erez

St Martin s Press, United States, 2014. Hardback. Condition: New. Language: English . Brand New Book. It s time to work out, but your partner wants to be intimate. Sexual Fitness is the simple solution to this wonderful dilemma. Make your bedroom your gym and your partner your dumbbell. Most sex books are just description manuals or photo albums with silly photos of waxed couples making ridiculous faces while they try to hide any genitalia from the camera. The truth is that when you are getting it on you don t want to stop to read the next paragraph. Sexual Fitness is a quick reference funny-read-for-the-bedroom exercise catalyst. As entertaining as they come, SEXUAL FITNESS also strives to give you an incredible and ass-kicking challenge. Experts say that during a sexual romp a person will burn between 100-150 calories. While there is no way of truly aggregating what you ll burn, these workouts are designed to help you burn between 220-400 calories per workout or more! Try out new positions that will help you work your core and blow your.mind: A Man A Hand A Plan; Perpendickular Lines; The Mermaid and the Sailor; The Ballerina Bunnies; The Reverse Cowgirl; Eat,...



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