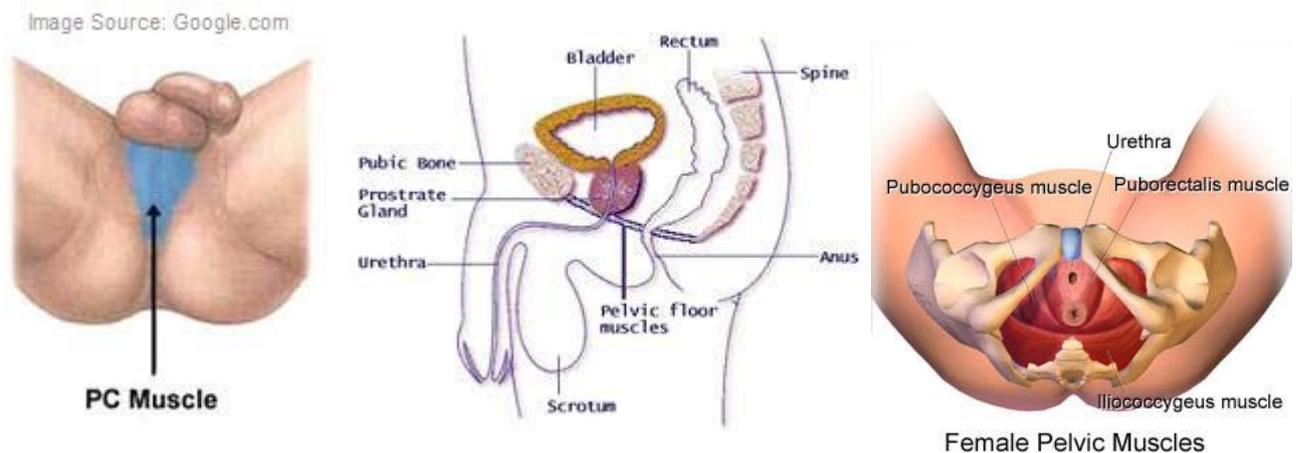


The Ultimate Sex Strengthening Exercise: Essential for Improving Sexual Performance

Consistently doing the following exercise will help you to strengthen the communication between your brain and your genital region. This exercise can assist a man to attain strong erections, last longer, increase penis size and achieve satisfying ejaculations. It will tone and tighten a woman's vagina and intensify her orgasmic sensations.

Your Ultimate Sex Muscles consist of the PC muscle and surrounding pelvic floor muscles. They are located in the same area for both men and women:



These muscles also support your bladder and rectum, so the following exercise will assist in strengthening those operations as well.

Although you won't be doing the exercise while you are urinating, it's a good way to initially identify the correct muscle group! The easiest way to identify the pelvic floor muscles is to urinate (pee) and while urinating, stop flow of urine by contracting a muscle internally – not by using your hand.

If you still don't fully understand which muscle group you will be exercising, every time you urinate over the next 3 days, contract your muscles internally (don't use your hand) to stop the flow of urine, and keep those muscles contracted for the count of 5 seconds, then relax those muscles. This will help you become familiar with the correct muscle action for the strengthening exercise which I will explain. Once you've identified the "squeezing muscles" you don't need to do this exercise when urinating.

So you are going to be contracting your pelvic floor muscles in the same way as when you stop the flow of urine. Don't pee while doing the following exercise, I just mentioned that so you understand which muscle group you will be using.

IMPORTANT NOTE: you will only see a very slight movement externally when you are doing this exercise correctly because these muscles are located deep within your body.

The following exercise (PLUS my unique switching technique) can help you to enhance all sexual pleasure as well as (if male) maintain strong erections and total control. It's an essential component for lasting success in solving weak erection problems, premature ejaculation and anorgasmia - the inability to achieve orgasm.

Note: Many PC muscle exercises on the internet can make an early ejaculation problem worse because they mimic ejaculation – which is a fast: squeeze/release/squeeze/release. Without maintaining the contraction (the flex) a man is completely wasting his time and effort.

It doesn't matter whether or not you are feeling aroused when you do this exercise. It's best for a male to do this exercise when he is flaccid because the muscles are working the hardest when he's flaccid.

You can do the exercise when standing, sitting or lying down. **Aim to keep your stomach and thigh muscles relaxed** and focus only on the pelvic floor muscles as you contract those muscles.

IMPORTANT: If you experience pain during this exercise, please stop immediately as you may have a urinary tract or genital infection which requires medical treatment.

It's important to *gradually* increase the number of repetitions to increase your strength and stamina *without* causing muscle strain. Believe me, you don't want to strain these muscles! For best results *gently* contract your pelvic floor muscles.

The No.1 Exercise for Strengthening Your Sex Muscles

The requirement is to flex your penis (or vagina) by contracting your pelvic floor muscles, keep contracted for the count of five, then relax those muscles. This is one cycle. You will repeat the amount of cycles required as per the protocol indicated below. Contract, keep the muscles contracted for the count of five, then relax those muscles. Repeat.

IMPORTANT: About two seconds *after* you relax the contraction, you may notice a slight wave of enjoyable sensations to your genital area. If you have suffered from erectile dysfunction or if you have problems achieving orgasm, that's fine, I want you to switch your attention to briefly enjoy that brief wave of sensations.

If, however, premature ejaculation has been a problem for the male, I want him to remain focused on the *mechanical physical actions* of perfecting each muscle contraction. He must keep switching his attention back to precisely performing the exercise of: contracting those muscles, keep those muscles contracted for the count of five, then relax those muscles.

To enhance orgasm frequency, focus on the sensations of this exercise.

For maximum benefit, repeat your set amount of cycles (contractions) as indicated in the strengthening and maintenance protocols below.

Recommended Protocol to Enhance Sexual Function:

Week 1: repeat 10 cycles in a row, 3 times a day – (30 contractions/day)

Week 2: repeat 20 cycles in a row, 3 times a day – (60 contractions/day)

Week 3: repeat 30 cycles in a row, 3 times a day – (90 contractions/day)

Week 4: repeat 40 cycles in a row, 3 times a day – (120 contractions/day)

Week 5: repeat 50 cycles in a row, 3 times a day – (150 contractions/day)

First thing in the morning before you get out of bed, and last thing at night, before you go to sleep are two of the best times to do this exercise.

The older we become, the less we retain muscle integrity. Think of the following maintenance protocol as being as important as brushing your teeth is for the health of your mouth. To retain sexual competency, you must continue to keep your sex muscles toned and healthy!

Maintenance Protocol to Retain Sexual Health and Function as You Age:

If you're aged under 30 – 20 cycles daily
Aged between 30 and 40 – 25 cycles daily
Aged 40+ – 30 cycles daily

In summary: Remember that exercise is only ONE small part of the overall strategy required to end male and female sex problems. You must also apply The Switching Technique to correct your thoughts and your physical actions!