

Iron Man Manual: 60 Minutes Without Cumming 🔥

Dirty Tricks & 5-Minute Moves to Control Your Cum Like a F*cking Boss



The Fundamentals of Stamina: Control Your Orgasm

1

The Slow-Stroke Jack Off

Stop jerking off like a teenager in a rush. Stroke it slow, breathe deep, and don't cum. This trains your body to ride the edge instead of falling off the cliff in 2 minutes.

2

Alpha Breathing

Want to last long? Breathe like a f*cking man. Deep, slow, focused breathing keeps your brain and your dick in control. Shallow breath = fast nut. Alpha breath = marathon sex.

3

Asshole Squeeze (Kegels for Kings)

Yeah, you heard it. Squeeze the muscle between your balls and your ass (the taint) daily. That's your cum brake. Strong taint = sex god energy.

On-Demand Ejaculation Control



Grip Your Shaft Before You Explode

Feel like you're about to blow? Stop moving, take a breath, and grab the base of your dick hard for 10 seconds. That tells your body: "Not yet, motherf*cker."



The Squeeze Technique

When you're right on the edge, squeeze the head of your dick — thumb on one side, fingers on the other. That rush of blood slows down. Simple, powerful, effective.

These techniques are your immediate stop-switches when you're on the brink. Master them, and you'll have an emergency brake for any high-speed situation.

Train Your Brain for Endurance

Jerk Off for Control, Not for the Nut

If your goal during every jerk-off session is to cum fast, guess what you're teaching your cock to do? Flip the script. Go 10+ minutes without cumming. Train for control.

Your mind is the ultimate sex organ. Train it right, and your body will follow.

Horny Brain = Quick Nut

If all you watch is fast, nasty porn, your brain is wired to bust quick. Change the stimulation. Visualize slow, real, skin-on-skin sex. Rewire your mental game.

Mastering the Bedroom Rhythm

Rhythm, Baby. Chill the F*ck Out.

Don't go full rabbit on her from the start. Slow down. Go deep, then shallow. Tease her. Make her beg. That gives you time — and makes her wetter than ever.

The "Pause & Play" Game

Thrust. Stop. Breathe. Thrust again. It's a rhythm. Practice with her until you hit 15, 30, even 60 minutes of solid action. Control, training, and dirty fun.

Advanced "Dirty Tricks" for Pro Players



Ice Your Balls (Gladiator Trick)

Wrap your balls in a cold towel for 30 seconds before sex. It numbs the nerves just enough to keep you in the fight longer. Ancient savage move.



Position Switch = Nut Delay

Close to cumming? Change positions. It resets the rhythm, gives you a few extra minutes, and makes you look like a creative sex machine.



The Secret Weapon: Her Orgasm First

1 Please Her First, Then Pound

If you focus on her orgasm before penetration, your brain relaxes. Lick her, finger her, play with her clit — make her cum hard. Then your dick takes the stage.

Your 60-Minute Domination Playbook

You've got the tools. Now go out there and own the night.

- **Slow Down:** With yourself and with her. Control is built on patience.
- **Breathe Deep:** Alpha breathing is your secret weapon for mental and physical control.
- **Train Your Taint:** Kegels are not just for women. Your PC muscle is your cum brake.
- **Mindset Shift:** Rewire your brain for endurance, not quick gratification.
- **Her Pleasure First:** It's not just chivalry; it's a strategic move for your stamina.

Remember: Practice makes perfect. Don't expect 60 minutes on your first try. But with these moves, you'll be hitting new records faster than you think. Now go get it, tiger. 🐯