

# How to Last 60 Minutes in Bed 🔥

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. 🐯

