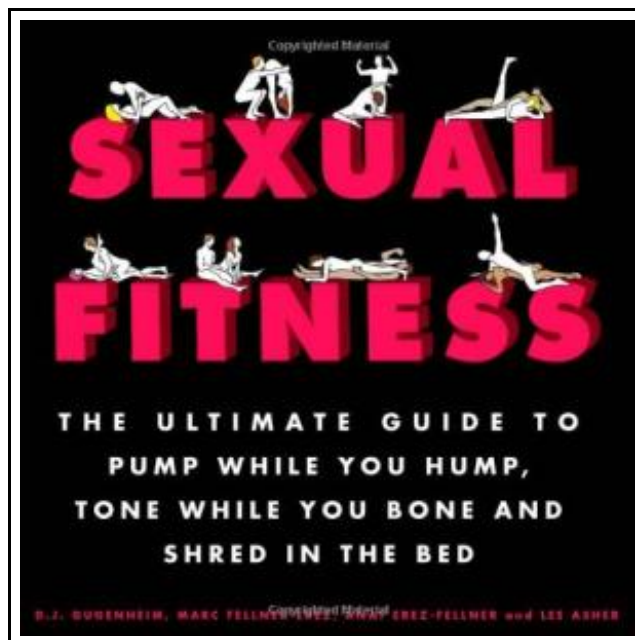


Sexual Fitness



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(Dr. Reta Murphy)

SEXUAL FITNESS



St Martin's Press. Hardback. Book Condition: new. BRAND NEW, Sexual Fitness, D. J. Gugenheim, Marc Fellner-Erez, Anat Fellner-Erez, Lee Asher, 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; Perpendicular Lines; The Mermaid and the Sailor; The Ballerina Bunnies; The Reverse Cowgirl; Eat, Pray, Hump; Crotching Tiger Horny Dragon; and Banana Split with a Cherry on Top.



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