



Exersexology: The Study of Calorie Burn During Sex

By Monique Hollowell

iUniverse, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Ever wanted to know how many calories you burned during sex? EXERSEXOLOGY™ is your A-Z guide of creative, erotic positions to have fun and burn calories too. All 26 sexisodes (chapters of sex positions) give you a different thrill and feel! Enjoy the variety of new erotic combinations, which can give you a calorie burn of up to 303kcal from one sexisode! C - Crosswalk No time to lie down, let's test your stamina! Cross walk consists of standup positions by one or both partners. Get ready for a phenomenal leg and abdominal workout during an all standing sexisode! G - Gravity Get sexified right side up and upside down by defying the earth's gravitational pull. Demonstrate your strength and explore the power of pleasing each other from all angles. I - Infinity Get ready for the long haul with 21 exotic positions. Give yourselves at least 90 minutes to ignite your flames with intimate positions to orgasm and calories to burn. R - Rubber band Rubber...



READ ONLINE
[6.99 MB]

Reviews

This ebook is definitely not simple to begin on reading but really enjoyable to read through. This really is for all who state that there had not been a worth reading. You may like how the author publish this ebook.

-- **Demetrius Buckridge**

This book may be really worth a read through, and a lot better than other. It is really basic but excitement inside the 50 % in the pdf. I realized this pdf from my dad and i encouraged this publication to learn.

-- **Curtis Bartell**