

The Best Exercise for Sex



This article is to provide insights on the best physical exercise to enhance sexual function. Statistically, over 30% of the male population suffer from sex problems such as erectile dysfunction and premature ejaculation and 80% of women have problems reaching orgasm during intercourse and or suffer from a low libido.

While pelvic floor and PC muscle exercises don't provide the complete answer for solving sexual function issues, they do provide increased blood flow and health to the genital area. This can help in the treatment and prevention of erection, prostate, libido, orgasm and bladder issues.

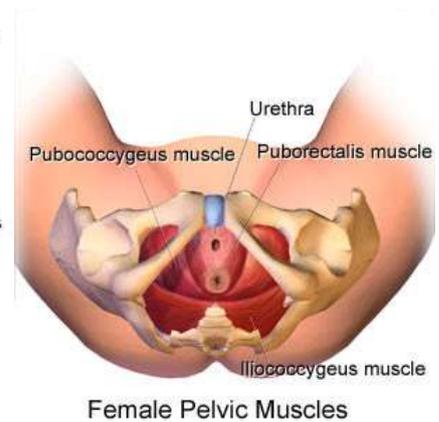
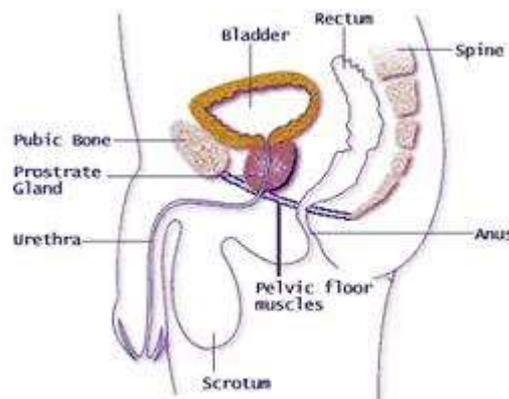
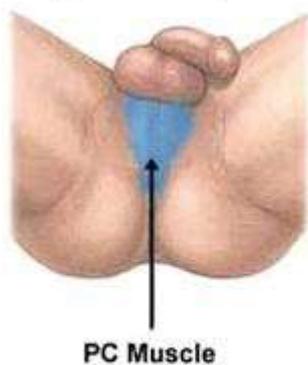
Although diet and exercise are purported to help increase blood flow to the genital area, it is important to note that a distracted mind is most often the main cause of sexual dysfunction. When irrelevant thoughts contaminate the arousal cycle, the brain becomes confused as to which program is wanted and sexual "malfunctions" naturally result. These sexual function issues are solved in my Sex Mastery programs for men and women – you may find out more about those [here](#).

The Best Physical Exercise to Enhance Sexual Function

This specific exercise can assist a man to attain strong erections, last longer, increase penis size and achieve satisfying ejaculations. It will help a woman tone and tighten her vagina, restore her libido and increase the power of her orgasms. Doing the following exercise on a regular basis helps to strengthen the communication between your brain and genital region.

The sex muscles consist of the PC muscle and surrounding pelvic floor muscles. They are located in the same area for both men and women and the following exercise is performed in the same manner for both sexes:

Image Source: Google.com



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

It's important to note that there is only a *slight* external movement viewable when this exercise is performed correctly. Most of the action happens internally. As the strength of this muscle group is increased there will be more noticeable movement externally.

Although these exercises aren't to be performed while urinating, it's a good way to initially identify the correct muscle group. While urinating, stop the flow of urine by contracting a muscle internally – not by using your hand.

This helps you to become familiar with the correct muscle action for the strengthening exercise which I will explain. Pelvic floor muscles are to be contracted in the same way as stopping the flow of urine. Once the person has identified these “squeezing muscles” they are not to do this exercise when urinating.

Many PC exercises advised by other experts can make a premature ejaculation problem worse because they mimic ejaculation – which is a fast: squeeze/release/squeeze/release. Without maintaining the contraction (the flex), time and effort is completely wasted.

It doesn't matter whether or not you are feeling aroused when performing this exercise. However, more benefit for a man is gained from doing this exercise when flaccid because that's when the muscles are working the hardest. First thing in the morning before getting out of bed, and last thing at night, before going to sleep are two of the best times to perform this exercise.

The No.1 Exercise for Strengthening the Sex Muscles

The exercise can be performed when standing, sitting or lying down. Aim to keep your stomach and thigh muscles relaxed and focus only on contracting the pelvic floor muscles. It is natural for some tensing of the stomach and thigh muscles to occur as the pelvic floor is contracted.

The requirement is to flex the penis or vagina by contracting the pelvic floor muscles, keep contracted for the count of five, then relax this muscle group. This is one cycle. 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: If pain is experienced during this exercise, stop immediately as this may indicate 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. For best results *gently* contract your pelvic floor muscles.

IMPORTANT Exercise Modification for Erectile Dysfunction: (MEN)

Many males who suffer from ED have too much attention focused elsewhere (for example on his partner) and this confuses his brain. When doing this penis strengthening exercise about two seconds after relaxing the contraction, a slight wave of enjoyable sensations to the genital area may be noticed. Males who have suffered from erectile dysfunction or have had problems achieving ejaculation will benefit from switching their attention to briefly enjoy that brief wave of sensations. This will help to rebalance his sexual focus so more of his attention is on himself.

IMPORTANT Exercise Modification for Premature Ejaculation: (MEN)

When premature ejaculation is the main problem it's important to remain focused on the mechanical, physical actions of perfecting each muscle contraction. Keep switching attention back to precisely performing the exercise of contracting those muscles, keeping those muscles contracted for the count of five, then relaxing those muscles. This will help restore focus on the sexual act instead of constant thoughts about himself.

Initial Protocol to Build Strength and Restore Sexual Health: (BOTH)

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

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

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

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

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

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



Maintenance Protocol to Retain Sexual Health and Function:

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

Aged under 30: complete 20 consecutive cycles daily

Aged 30-40: complete 25 consecutive cycles daily

Aged 40+: complete 30 consecutive cycles daily

In summary:

Remember, this best sex exercise is simply to strengthen the muscles which support a healthy sex life. It's not to be used during sex if you are male, don't try to get hard or stay in control while doing this exercise. Use the exercise to strengthen your penis. It's an essential component for lasting success in solving weak erection problems and delayed ejaculation and can assist with premature ejaculation when performed correctly.

Remember that exercise is only ONE small part of the overall strategy required to end male and female sex problems. Most important is to align your thoughts and actions so your brain receives a consistent stream of signals relevant to staying hard and in control during foreplay, penetration, and intercourse; or if female to be able to get turned on, stay turned on and easily achieve orgasm.

Use my [unique switching technique](#) explained in my programs to coordinate your thoughts and actions during sexual activity to enhance all sexual pleasure as well as enjoy complete control over your body.

I'm considered by many to be a leading expert in solving sexual dysfunction and restoring emotional balance. There is no sexual "malfunction" issue which fazes me in the least. For more answers on solving male and female sex problems, and to view my breakthrough programs for men and women, go to <https://www.endtheproblem.com/programs/> or [click here](#) to schedule a 20-minute complimentary strategy session and get real insights to solve the real problems.

The most important thing for you to do is take action to end the problem.

Warm regards,

A handwritten signature in blue ink, appearing to read 'Jacqui Olliver'. The signature is stylized and fluid.

Jacqui Olliver
Psychosexual Relationship Specialist at End the Problem