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Sexercise: The Hottest Way to Burn Calories, Get a Better Body, and Experience Mindblowing Orgasms

By Beverly Cummings

Aurum Press Ltd. Paperback. Book Condition: new. BRAND NEW, Sexercise: The Hottest Way to Burn Calories, Get a Better Body, and Experience Mindblowing Orgasms, Beverly Cummings, Everyone knows that sex done right can be a workout. Sexercise is the ultimate guide for a hot body and a hot sex life. Intimate photos accompany step-by-step instructions for working out all parts of the body while simultaneously giving yourself and your partner mindblowing orgasms. He can treat her to Push-up Passion--a sexy position that works his biceps, triceps, and shoulders while working her G-spot. Or she can do Glute Awakening--a heart-pounding position that has her squatting up and down on his member while simultaneously sculpting her booty and thighs. Aerobics has never been this erotic. Fun icons tell you the difficulty level for him and her, which muscle groups are getting toned, and how long and how frequently you should do the workout for the best body and best sex ever.



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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which it in fact modified me, affected the way I really believe.

-- **Beverly Hoppe**

Extremely helpful for all class of individuals. Better than never, though I am quite late in starting reading this one. I realized this publication from my I and dad suggested this ebook to discover.

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