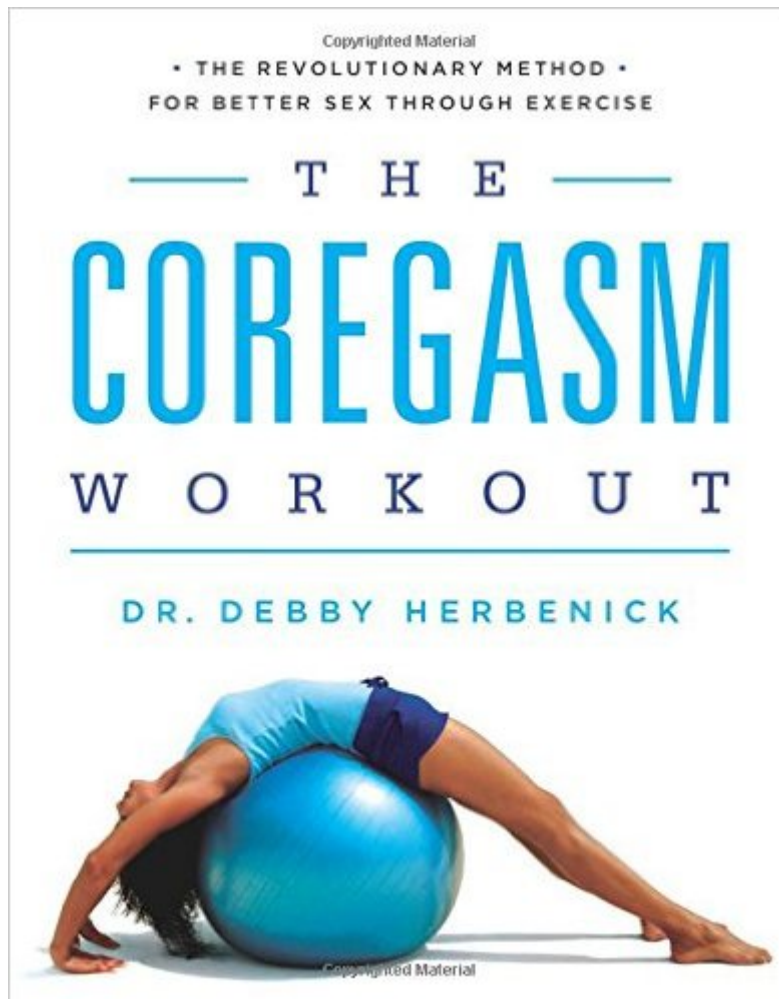


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The Coregasm Workout: The Revolutionary Method For Better Sex Through Exercise



Synopsis

The Coregasm Workout is a revolutionary new book that provides natural, safe, and effective techniques for enhancing sex through fitness. Developed by leading sex researcher, educator, and columnist Dr. Debby Herbenick, The Coregasm Workout introduces simple, science-backed exercises to make working out more fun and sex lives more satisfying. Debby has developed The Coregasm Workout based on her deep background in health science and unprecedented research on exercise-induced arousal in order to bring fitness and sexuality closer together. Her fact-based methods are specifically designed to improve orgasm and have been tested, refined, and proven by real women, for women. The Coregasm Workout will help improve your sex life and help you enjoy exercising more often through four C.O.R.E. principles: Challenge yourself through cardio, reps, and resistance; Order matters: it's not just the kind of exercises you do, but the order in which you do them; Relax and receive: be open to the experience of coregasm; Engage your lower abs, muscles often strongly linked to coregasm. Fun, fascinating, and useful, The Coregasm Workout offers new exercise techniques for women who want to stay sexy, healthy, and fit, and enjoy the benefits of the gym in the bedroom.

Book Information

Paperback: 192 pages

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Average Customer Review: 4.2 out of 5 stars See all reviews (5 customer reviews)

Best Sellers Rank: #503,784 in Books (See Top 100 in Books) #110 in Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health #784 in Books > Sports & Outdoors > Coaching > Training & Conditioning #910 in Books > Health, Fitness & Dieting > Sexual Health > General

Customer Reviews

I'll tell you the truth here; I requested this book because the title made me giggle. Debby Herbenick kept me reading though. The beginning gets a little scientific theory heavy, but it is written conversationally. The theory itself was unique and well presented and amply supported. The book is

organized logically and the progression of exercise and applications is beautifully detailed. I actually learned quite a bit from Dr. Herbenick and I believe I could put a lot of it into practice easily. Glad I read it.*I received my copy from NetGalley.com in exchange for an honest review.

I've always been a fan of Dr. Herbenick's work and this book just takes that to the next level. Finally, someone has studied the "coregasm" phenomenon and broken it down in an easy to read format.

I bought this book for my gf thinking it would be about female specific workouts routines which help sexual performances (think actual gym workouts that help you have better sex.) This book is basically all about kegel exercises and how to have orgasms at the gym while working out. No workout plans, which was what was expected.

Excellent exercises, and I love the layout of the book. The science of "coregasm" makes sense to me and so far, I do like how these exercises make me feel.

Very interesting for those who like different method of exercise.

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