

Sex Instructor

Borgore

There are three things you need to be great at this
Power, agility, endurance
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Sex really is an athletic event
And some people are better at it than others
Just like any other athletic event
Getting good at sex, requires training
Sex is always fun
But sex with someone who is really good at it, can be amazing
I'm going to show you the exercises that will get your body in
shape for incredible sex
Are you ready to be amazing?

Power, agility, endurance
Amazing

Kegel's are the best exercise to help you build sexual power
And they can be done by both men and women
The first step is to isolate the right muscle
The next time you are in the bathroom, try stopping and startin
g the flow of urine
The muscles you are contracting are the ones you need to focus
on
For women, strengthening these muscles gives you the ability to
contract more tightly
More tightly

Power, agility, endurance
More tightly

Fun
Power, agility, endurance
Power, agility, endurance
Power, agility, endurance
Amazing

Power, agility, endurance
More tightly

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