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Sexercise: 7 Moves To Spice Up Your Sex Life

No one actually says it but everyone knows it's true -- most of us work hard in the gym to see results in the bedroom. Sure, looking good naked is great for self-confidence, and thus performance, but your routine should be targeting more than just aesthetics.

Personal trainer Mike Giliotti recently shared with us his top "sexercises" and why they work. There are several reasons why exercise gives you an edge in the bedroom, stamina and strength being at the top of the list. More specifically, cardiovascular fitness is crucial in stamina and improving muscle strength does wonders, as orgasms depend on multiple muscle activity.

It's not always what you see when you look in the mirror, though. "It's the smaller muscles you can't see or feel that make the difference," says Giliotti. Learn how to perform these seven exercises to help target those muscles, improving your sex life and getting a bed ready body in the process.

Crunches



Giliotti says your abs are a critical sex-boosting body area to work on. "After all," he says, "you have to use your abdominal muscles during sex." Start your ab workout with good old-fashioned crunches.

How To: Lie on your back, hands supporting your neck, knees bent, and your feet on the floor. Then bring your body up just enough to get your shoulders off the ground. Do 3 to 5 sets of 15 to 20 repetitions.

Bridge



How To: Lying on your back, knees bent, feet on the floor, lift your hips up and down for 3 sets of 15 reps.

(Giliotti also says, Men can also try pelvic tilts: Standing up or lying down, straighten your lower back and pull your belly button in until your lower back touches the wall or floor. Women can try Kegels: Contract your pelvic muscles -- the ones you'd use to stop the flow of urine; squeeze the muscles tight for 3 seconds, then relax for 3 seconds. Do 10 to 15 repetitions three times a day.)

Standing Hip Abduction



One more exercise for a great burn in your glutes.

How To: Start standing tall, shoulders back and down, core engaged and feet together. Lean over onto your left leg so that your right foot hovers off of the ground and with your hands on your hips (or your arms extended outward for more of a challenge), lift your right leg up and away from your left. Slowly return your right leg to the starting position, hovering just above the floor. Do not let it rest on the floor. Do 3 sets of 15 to 20 reps on each side.

Torso Side Bends and Twists



To get the most from this exercise, as well as the next one, head to the gym. The effort is worth it because torso side bends and twists will keep your upper body strong, Giliotti says, and give you stamina. "Do them on the cable crossover machine for maximum effect." Pushing or pulling exercise in the gym. Rows, flyes, and lateral raises on the cable crossover machine will do a great job of enhancing your performance in the bedroom, according to Giliotti.

How To: Begin sitting on the floor, knees bent feet planted firmly. Draw your belly button into your spine to engage your core as you lean back slightly and raise your feet off the ground so that your calves are parallel to the floor. Keep your shoulders relaxed as you slowly twist to your right side and tap the floor next to your right hip. Return to the center and then twist to the left. Repeat this sequence for 3 sets of 15 to 20 reps.