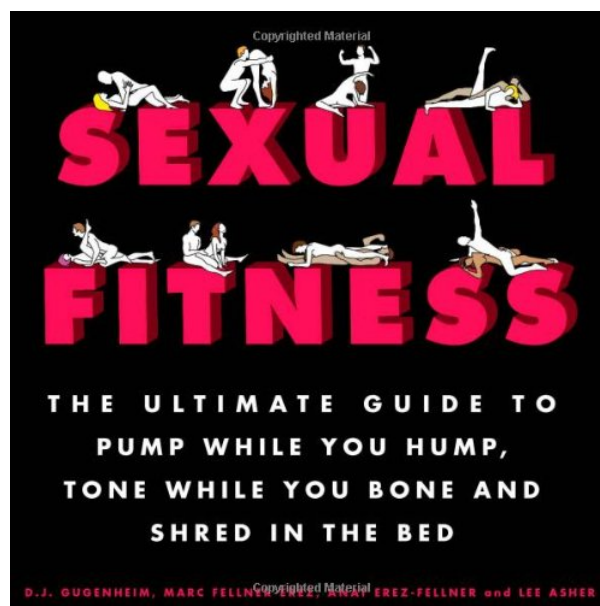
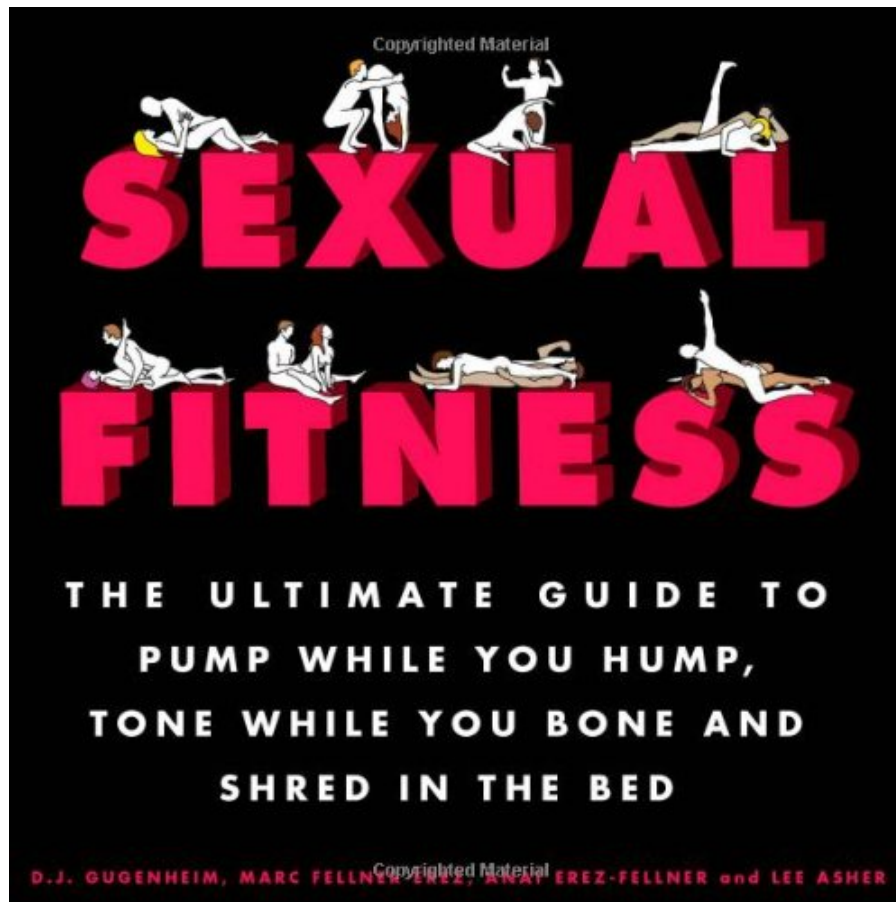


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D.J. GUGENHEIM grew up in New York, Israel and Florida. He won the Gilbert Cates award for outstanding production from UCLA and works in film and TV.

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It's time to work out, but your partner wants to be intimate. SEXUAL FITNESS is the simple solution to this wonderful dilemma. Make your bedroom your gym and your partner your dumbbell. Most sex books are just description manuals or photo albums with silly photos of waxed couples making ridiculous faces while they try to hide any genitalia from the camera. The truth is that when you are getting it on you don't want to stop to read the next paragraph. SEXUAL FITNESS is a quick reference funny-read-for-the-bedroom "sexercise" workout routine catalyst.

As entertaining as they come, SEXUAL FITNESS also strives to give you an incredible and ass-kicking challenge. Experts say that during a sexual romp a person will burn between 100-150 calories. While there is no way of truly aggregating what you'll burn, these muscle building workouts are designed to help you burn between 220-400 calories per workout or more! Try out new positions that will help you work your core and blow your... mind:

- A Man A Hand A Plan
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- The Mermaid and the Sailor
- The Ballerina Bunnies
- The Reverse Cowgirl
- Eat, Pray, Hump
- Crotching Tiger Horny Dragon
- Banana Split with a Cherry on Top

- Sales Rank: #871709 in Books
- Published on: 2014-05-13
- Released on: 2014-05-13
- Original language: English
- Number of items: 1
- Dimensions: 6.76" h x 2.37" w x 6.80" l, .90 pounds
- Binding: Hardcover
- 176 pages

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Good coffee table book

By manbearpig

I purchased this book to prank my wife. I thought I'll place this on the coffee table among all other coffee table books (when she isn't looking) and this could be a great conversation starter when we have guests over. Well, not only was this a great conversation starter, it was also a HUGE hit. Some of my friends have borrowed this book since because they claim to love "reading" this (over and over again I might add). Hence I'm guessing that the stick-figure drawings inside this book must be somewhat "useful". That automatically deserves a 5-star rating in my opinion.

1 of 1 people found the following review helpful.

Fun and interesting!

By Devon S. Singer

So I won't lie this is a hilarious book! It is exactly what I thought it would be. It shows you a good amount of sexual positions and then highlight with color what parts of your body you work on and how to maximize that workout.

Is it something I really want to be focusing on whole having sex with my girlfriend...? Nope! Did we find it fun to try? Sure did!

Would I recommend it? I mean sure because it doesn't hide what it is about!

1 of 1 people found the following review helpful.

Awesome and funny guide

By James A Longhini

Great book to explore and discover new things/positions. It shows simple illustrations and provides tips and humor along with each one. 69 total positions/workouts are there at 4 levels. I have to admit the 4th level is on some cirque de solei type stuff. Great gift!

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