



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

*Beverly Cummings*

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## 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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