13 Exercises Every Man Should Do to Improve His Sex Life

Overview

Want to give your sex life an added boost? It’s as simple as hitting the gym. Exercise increases energy, tones your muscles, burns fat and improves your mood and self-image. But for more reasons than you may know, exercise can also improve your sex life. For instance, research shows that if you burn as little as 200 additional calories a day, you can lower your risk of erectile dysfunction. In addition to cardio and strength training, stretching is also loosens you up, enabling you to experiment with different positions. So even if you already have a pretty great sex life, try incorporating these 13 exercises and stretches into your workout routine and reap the benefits in the bedroom.



1. Kegels

You read that right. Kegels are a beneficial exercise for men, too. They improve endurance and control by toning and strengthening the pubococcygeus (PC) muscles (the muscles that stop the flow of urine) and the perineal muscles (the muscles that support erectile rigidity and provide the power behind ejaculation). “Pelvic floor muscle training can prove helpful in many situations: overactive bladder, erectile dysfunction [and] premature ejaculation,” says Andrew L. Siegel, M.D., co-creator of the Private Gym pelvic floor muscle-training program for men. HOW TO DO THEM: Start by interrupting the flow of urine when going to the bathroom to get familiar with the PC muscles. Once you’re familiar with them, your goal will be to progressively increase the squeeze duration, intensity and number of reps until you tire. But when you do them, don’t hold your breath, push down or tighten your stomach, buttocks or thigh muscles. Work up to five-second squeezes, relaxing in between each contraction, for 10 to 20 reps.

How to Treat Erectile Dysfunction Without Medication



2. Plank Pose

Holding a plank is one most effective ways to increase your endurance and stamina at the gym and in the bedroom. Planks give your arms staying power for missionary or other on-top positions. They also strengthen your core, which helps to improve thrust and supports your back to prevent injury. HOW TO DO IT: Start at the top of a push-up with your hands shoulder-width apart, arms strong and pelvis level. Think of your body as a solid wooden plank. While there, engage the abs, squeeze the inner thighs and butt cheeks together, tighten the quads and press the heels back so the feet are flexed. Hold for at least 20 seconds and work up to two minutes at a time. Do one to 10 reps a day, depending on the length of your plank holds. You can modify the pose by doing your plank on your knees, keeping the arms fully extended to the floor or by doing plank on your forearms. For an added challenge, place one foot heel to toe on top of the other and hold for 10 seconds, and then switch legs without compromising form in the rest of your body.

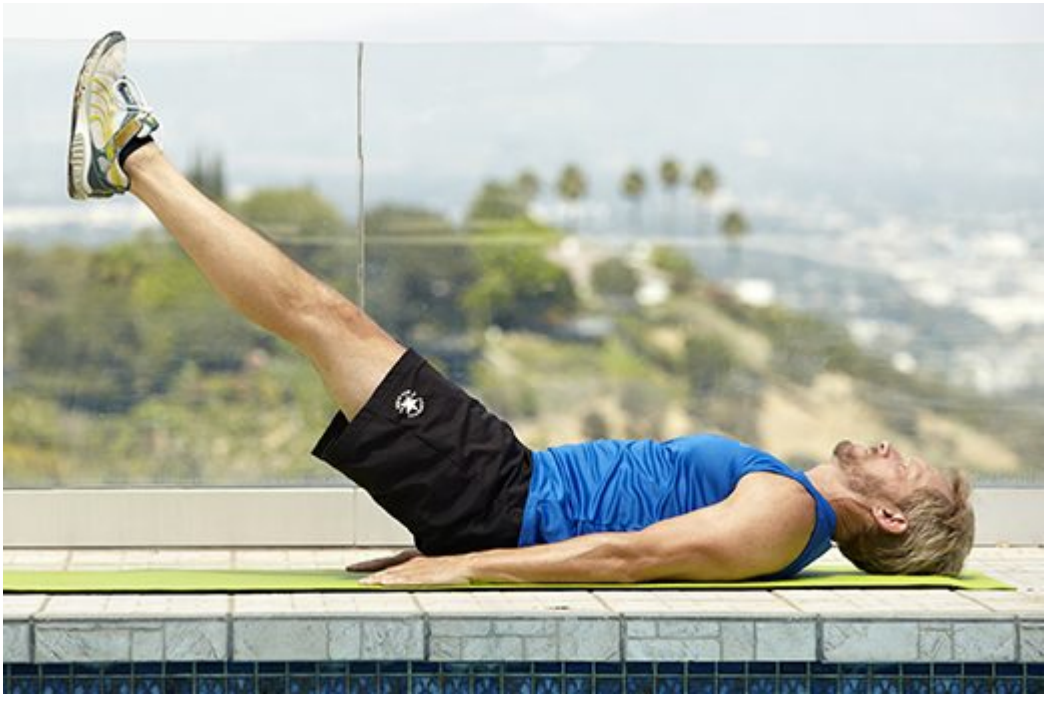
30-Day Ab Challenge



3. Stability-Ball Crunches

This variation of the standard abdominal crunch requires balance and stability and targets your core. A stronger core improves your thrusting ability and strengthens your back, which can often be injured during sex, and the ability to balance in a variety of sex positions. HOW TO DO THEM: Place your middle to lower back on a large stability ball, with your feet (about hip- or shoulder-distance apart) planted firmly on the floor. Place your fingertips behind the nape of your neck, roll the shoulders back and slowly, while lifting through the chest, raise your upper body until your abdominal muscles tighten. Take it as high as you can manage without compromising form. Slowly return to your starting position and repeat. Work up to three sets of 30 crunches.

21 Sit-Up Variations You Won’t Totally Hate



4. Lying Leg Raises

Lying leg raises provide an intense core workout, which helps improve thrust and provide mild engagement in the quads and glutes, helping you last longer in upright positions. HOW TO

DO THEM: Lie flat on your back with your legs stretched out in front of you. If you have any back issues, fold a towel and put it under the small of your back. With precision and control, raise your straight legs up toward the ceiling and stop when your legs are perpendicular to your body and the floor. Then, slowly lower your legs back down until they are about an inch off the floor. If the exercise feels too easy, try to lower more slowly. Repeat five times then rest for 30 seconds. Start with three sets and increase repetitions and sets as you get stronger. To modify this exercise, start with your legs bent at the knees and calves parallel to the floor. From there, straighten the legs to the ceiling then slowly lower the legs back into the bent-knee position. Lower your bent legs toward the floor until the toes are an inch from the ground. Return to the start and repeat.

3 Cardinal Rules of Fast Six-Pack Abs



5. Push-Ups

Push-ups strengthen your upper body and core, providing increased all-around endurance and enabling you to rock those on-top positions during sex. If you commit to doing them

regularly, you'll notice a difference in your staying power, your ability to maintain a strong thrust and your overall core and upper-body strength during sex. HOW TO DO THEM: Begin in a plank position, hands directly under the shoulders and feet hip-distance apart. Do not allow your pelvis to sag too low or lift too high. Lower your chest to the floor and slowly press back up. Do as many of these as you can manage at least twice a week. To modify, take your feet slightly wider apart or drop to your knees, keeping a solid plank position from your neck to your knees. For added intensity, bring your feet together and your hands in slightly. Try adding a clap between push-ups or do one-armed push-ups if you're feeling really strong.

30-Day Push-Up Challenge



6. Stability-Ball Bench Press

The bench press strengthens the pecs, deltoids, forearms, biceps, triceps, lats and abdominals, especially when done on a stability ball. That increased muscle mass and decrease in fat (though regular exercise and a healthy diet) not only makes you look and feel better, it will also prepare your body for whatever you and your partner choose to do between the

sheets. HOW TO DO THEM: Place your middle to lower back on a large stability ball with your feet planted firmly on the floor about hip- or shoulder-distance apart. From a goal-post position, push a pair of dumbbells (start with 20 pounds and increase from there) straight up, directly over the chest. Do three sets of 25 reps. Being on the stability ball will provide the added core and balance workout – also great for enhancing your bedroom performance!

Get Superhero Arms With Ascending Trisets



7. Squats

Because squats are known to increase testosterone levels and to increase blood flow to the pelvic region (making orgasms more intense), they're an incredible exercise for enhancing sex. They'll also strengthen your lower body for a more powerful thrust both while you're on top and while your partner is on top. HOW TO DO THEM: With a dumbbell in each hand held straight down at your sides, bend at the hips and knees to squat as low as you can while keeping your back straight. Keep your shins as vertical as possible and your knees directly over your ankles. As you lower, slowly raise

your arms straight out in front of you to shoulder height. Drive through the heels and you will naturally lean forward a bit in the upper body for balance. Slowly rise to standing as you lower your arms back down to your sides to complete one rep. Do at least 15 reps.

12 Essential Squat Variations to Try



8. Stationary Lunges

Lunges in general are great for building strength, endurance, mobility, balance and core stability. But lunges also increase blood flow to your pelvic region, enhancing your action in the bedroom. They'll help out when you could use an extra dose of balance and hip flexor mobility or when you'd like to go a little longer. HOW TO DO THEM: Stand up straight and tall — holding a pair of dumbbells at your sides for added intensity — then step one foot forward about a foot and a half. Bend both knees to 90 degrees, stopping when your back knee is about an inch from the ground. Be sure to keep your front knee doesn't pass over your front toes. Drive through the front heel to stand back up. Do 15 reps before switching legs or alternate legs as you go.

11 Simple Ways to Add Variety to Your Strength-Training Routine



9. Interval Training

Doing interval training will increase your stamina and endurance. And you can do intervals just about anywhere – outside on a track, at the park or on a bike, elliptical, stair climber or treadmill. HOW TO DO IT: After your warm-up, start your intervals at full speed, going as hard and fast as you can, and push yourself for at least 30 seconds. Then back off for a minute or two. Repeat this several times. Add these to your workout a couple of times a week and soon you'll be ready to go longer or be ready whenever your partner wants to go again.

The Optimal Training Program to Build Strength and Performance in 4 Weeks



10. Upward-Facing Dog

Upward-facing dog is a yoga pose that stretches the core, psoas and hip flexors, increasing energy and blood flow to the pelvic area. This stretch also protects your lower back for any heavy lifting you do at the gym or bedroom. HOW TO DO IT: Lie on your belly with your legs hip-distance apart and the tops of your feet on the floor. Bring your hands to the sides of your chest and lift your torso by pressing through your hands. Lifting all the way up, roll your shoulders back and down, lengthening through the crown of your head so you don’t hunch the shoulders into the neck. Breathe regularly for 15 seconds or longer. If you are advanced, your thighs will lift off the ground.

10 Yoga Moves to Remove Stress and Relax You at Bedtime



11. Seated Straddle Stretch

If you sit at a desk or work at a computer for hours a day, it can constrict and stagnate the muscles below the waist. Doing a straddle stretch will loosen things up, bringing blood flow back to the pelvic and groin region. Increased blood flow means increased sensation, which means better orgasms. It’s also an excellent inner-thigh stretch, which will enable you to introduce some adventurous positions in the sack. HOW TO DO IT: Sit on the floor with your legs wide apart. Flex your feet and make sure your knees are pointing up toward the ceiling. Roll your shoulders back, lengthen through the crown of the head and slowly lean as far forward as you can comfortably go while keeping your back straight. Reach for your calves, ankles or toes and breathe deeply. With each exhale, take your stretch a little deeper without curving or hunching your back. Hold the position for five to 10 long breaths.

Yoga Poses for Flexibility



12. Reclined Butterfly Pose

This stretch loosens up your inner thighs and your hips, the muscles that are constantly stretched and challenged in a variety of sexual positions. By adding the butterfly stretch to your workout, you'll be strong, loosened up and ready for action! HOW TO DO IT: Lie down on your back and bend your legs in toward your chest, soles of the feet together and your tailbone down. Grab your feet and pull them in toward your chest as you use your elbows to press the knees out. Be careful not to let your head arch too far back. Keep your neck and spine relaxed. Hold this posture as you continue to press the knees outward for 15 to 20 seconds.

Yoga for Runners



13. Twisting Forward Bend

This two-part stretch will feel like a full rejuvenation to a lot of those muscles that tend to fatigue easily. It reaches the inner thighs, hamstrings, obliques, pecs, triceps and lats. If you only do part one, you'll notice a huge difference, but try both if you can. HOW TO DO IT: Sitting on the floor, extend your left leg out straight, tucking the bottom of the right foot flat against the left inner thigh (right thigh flat on the floor). Twist your torso so your chest is squared toward your bent right knee. Wrap your right arm toward the back and around the back of the waist and try to grab hold of your left thigh with your right hand. Take your left arm/hand and reach for your calf, ankle or toes, without bending your left knee. Roll the right shoulder back and open the chest by pushing the middle back forward. Breathe and hold this stretch for several seconds up to a minute. For the second part, release your right arm and move it slowly up toward the ceiling and around toward the toes. As you do that, take the crown of the head toward your toes. Bring your right palm down toward the floor and, with each breath, lengthen through the right fingertips toward your left toes. Breathe

and hold for about 30 seconds. Slowly rise, bring both legs forward to shake them out and switch sides.

Yoga Postures to Help Bad Knees



What Do YOU Think?

Have you ever done any of these exercises with the intention of improving your sex life? Are there others you've tried? Share your experiences and suggestions with the Livestrong community in the comments below.

15 Exercises Every Woman Should Do to Improve Her Sex Life

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