



Exersexology: The Study of Calorie Burn During Sex

By Monique Hollowell

iUniverse, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Ever wanted to know how many calories you burned during sex? EXERSEXOLOGY™ is your A-Z guide of creative, erotic positions to have fun and burn calories too. All 26 sexisodes (chapters of sex positions) give you a different thrill and feel! Enjoy the variety of new erotic combinations, which can give you a calorie burn of up to 303kcal from one sexisode! C - Crosswalk No time to lie down, let's test your stamina! Cross walk consists of standup positions by one or both partners. Get ready for a phenomenal leg and abdominal workout during an all standing sexisode! G - Gravity Get sexified right side up and upside down by defying the earth's gravitational pull. Demonstrate your strength and explore the power of pleasing each other from all angles. I - Infinity Get ready for the long haul with 21 exotic positions. Give yourselves at least 90 minutes to ignite your flames with infinite positions to orgasm and calories to burn. R - Rubber band Rubber...



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Reviews

This book is very gripping and exciting. I was able to comprehend everything out of this written e publication. You will not truly feel monotony at any time of your respective time (that's what catalogs are for concerning should you question me).

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Very good eBook and valuable one. Better than never, though I am quite late in start reading this one. I am very easily could possibly get a satisfaction of reading through a created publication.

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