



GABRIELLE  
MOORE  
*Better Sex. Better Life.*

# Sexual Adonis

*CREATING THE KIND OF BODY  
SHE CAN'T STOP THINKING ABOUT*



Hello again, and welcome to another episode of “*Erotic Encounters*”!

This week’s *Erotic Encounter* has been sponsored by “*Orgasmic Sex Positions*”, my most advanced sex education program all about the sexy moves.

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Are you ready to embark on your *Erotic Encounter*?

**I WANT YOU** to close the door, make yourself comfortable, relax and get ready...

... because today I will teach you some of my most exciting and intimate secrets about the right position.

Are you ready? Let’s do it!



# Sexual Adonis



## *Creating The Kind Of Body She Can't Stop Thinking About*

**H**ow boring is your sex life? Be honest. Do you cycle through the same three or four positions (or fewer even!) and wonder why the spark seems to be disappearing?

For most couples, the real thing preventing them from enjoying a wide variety of sexual positions and activities is physical fitness. If you have ever looked seen a move you wanted to replicate in a porno or sex manual and worried that you might hurt yourself if you tried... this workout is exactly what you need. This is not your gym teacher's training manual!

Many of the exercises can be practiced in bed with your lover as you try out new positions or old favorites. Once you know which muscles groups to focus in on, you can pay more attention to your body and use every sexy opportunity to work your muscles.

The best way to work your muscles is with intervals, working the muscles until "failure" (when you can't do any more without hurting yourself) and then taking a rest. With a partner, this is amazingly easy, because you can take turns doing the work! The back-and-forth not only makes working out, or having sex, feel like a team effort, but allows you both to go for longer when you can play off each other's strengths and support each other's weaknesses.

The exercises in this workout are broken into four categories – push, core, squat and pull. You should aim to work out 2-4 times per week, with one day off between workouts. Push exercises will work your core, but only if you're trying hard. Try out a few different combinations to see what works for you – push and squat one week, core and pull the next? Push and core together on Mondays, squats Wednesdays, pull Fridays? Maybe you only have time to try out a few moves once a week.

DO YOU CYCLE THROUGH THE SAME THREE OR FOUR POSITIONS (OR FEWER EVEN!) AND WONDER WHY THE SPARK SEEMS TO BE DISAPPEARING?



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## ANYTHING IS BETTER THAN NOTHING

Each and every one of these moves is designed to improve your ability to get into, hold, and maintain a variety of sexual positions, not to mention increase your balance, overall strength, general stamina and make you look better naked!

## PUSH

Push exercises work your upper body. You use these muscles when you are propping yourself up above your lover, or propping yourself up to get a good look when she's on top. They are important for supporting her as well, in several standing or sitting positions.

### THE MUSCLES

- Traps: these are the muscles that define the upper back, between the neck and shoulders.





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- Delts: all shoulder here!
- Triceps: these are at the back of the upper arm.
- Pectorals: your pecs define your chest and fill out the upper body.
- Core: all your abdominal muscles – ribs, abs, obliques and spine – get a workout in many “push” exercises as well. If you want more definition, add a “core” day using the exercises below in your week somewhere!

### THE PLAN

Are you ready? This is going to be one workout to remember!

1. Bear Walk: Ready? Set? Go! Chase your lover around the room! Wrestle on the bed! Okay, it may seem silly, but truly, the Bear Walk is one of the best full-body exercises out there and it can be completely adapted to your sex position playbook.

It's a simple move, really. Get on your hands and feet (not your knees) and crawl around. That's it! Don't believe me? Try it for a minute or two and see how you feel...

Not sure how to make it sexy?

This exercise is just what you need to get fit for 69 – if you can support yourself on your feet instead of your knees, she has plenty of room to sit up, supported by pillows or her own body in our next exercise position!

NOT SURE HOW TO MAKE IT SEXY?  
THIS EXERCISE IS JUST WHAT YOU  
NEED TO GET FIT FOR 69

2. Crab Walk: Quick reversal! Instead of facing down with your weight on your hands and feet, you're going to face up with your butt toward the ground (or the bed) and your hands behind you, just like a crab. This move also works a whole pile of muscles on the back side of your body.

This is another great position for beginners, because it works so many different muscles at once. Just “walk” around like a crab to get used to the position and identify which muscles it works.

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Not only is it great for the bottom partner in a 69 position, but it works well for your wife to master during missionary-position sex, giving her more control over the angle and depth of penetration. You can use this yourself as well, with her on top (perhaps facing away from you in the Bear Crawl!) you have a great deal of leverage to thrust fast and hard, with her still able to control the depth.

3. One-Arm Pushups: If you can't yet do regular pushups, this may be a bit of a stretch for you. It works pretty much your entire upper body, including your core. If you can support yourself on one arm and be mobile (in other words, thrust!) you are in better shape than many! To make life easier, spread your legs further apart than usual.



Start practicing with regular pushups when you're in the missionary position, balancing on your toes instead of your knees as your thrust, keeping your hands on the mattress or the headboard, depending on your angle. Use your arms for some of your thrusting strength. This will build up the power in your chest and shoulders to progress to one arm support, especially with the rhythmic motions. You will need both balance and timing to manage.

If you need even more support, have her bring her legs up, allowing you to put some of your weight on her. Her thighs should be on your chest with her calves or feet on your shoulders. This will make thrusting even easier as you sustain the pushup position.

4. Inverse Pushups: Also called "The Bridge" in yoga circles, this move is the next progression from the Crab Walk and gives you plenty of thrusting capabilities. If your wife can maneuver into this position, standing and tantric positions should be a breeze! If you can't do the Crab Walk yet, spend some time with that move first, before progressing to this more difficult move.

Try this the next time she wants to get on top... Lie on your back, with your palms flat on the ground beside your ears, fingers pointing toward your shoulders. Bend your knees so your feet are closer to your butt, and simultaneously push up with your legs and your arms, arching your back off the floor and rising up into a "bridge" position. From here, your lover can mount you while standing



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and have an incredible range of motion not available to her with you lying flat on the bed. How long can you hold this position before lowering yourself down? Switch and let her get into position, while you stand/squat between her legs and go to town!

## CORE

The core muscles support your entire body, covering everything from your heart to your pelvis, your shoulders to your lower back. If you are still a “beginner” at push exercises, you may want to do a few moves just to help strengthen your core.

IF YOU ARE STILL A “BEGINNER” AT PUSH EXERCISES, YOU MAY WANT TO DO A FEW MOVES JUST TO HELP STRENGTHEN YOUR CORE.

### THE MUSCLES

- Intercostals: these muscles define the lower end of your rib cage, between the lungs and the abdominal muscles.
- Abs: typically “abs” refers to the frontal abdominal muscles, the “six pack”.
- Obliques: these abdominals frame the sides of the waist.
- Spine: the lumbar region of the lower back is made up of a number of small spinal muscles.

### THE PLAN

If you feel the need to incorporate extra core exercises (see how you feel 2 or 3 days after you Push for the first time), there are definitely some simple moves you can incorporate into sex or a regular workout routine to help out with abdominal definition. The best part about all of the core exercises is that they can be made easier by balancing on your knees instead of your feet, and your elbows instead of your hands.

1. HipUps: Another great full-body move, this position can be done a number of ways to get different angles. Essentially, with one hip facing the bed and the other facing the ceiling, you're going to bed at the waist and let your hip drop toward the bed/ground. Try just holding the position first. Start with your right

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elbow directly under your right shoulder, your arm out in front of you at a 90 degree angle. Balance your weight on your feet, or if this is too difficult, on your knees, with your legs straight and your feet out behind you.

In this position, you can angle your body at your lover, who could lie on her side as well, with her legs apart, one under you, between your arm and your hip, and the other up in the air or around your waist. She can also back up to you in a spooning position, with her legs together and facing away from you. You can use your free hand here to stimulate her.

2. Planks: This move starts out like a static pushup. Supporting your weight above your lover, balanced on your hands and your toes, is in and of itself a great upper body and core workout.

You can kick it up a notch by having her flip over onto her stomach. With her legs tight together, you can spread your legs so that they are outside her own. Keep balanced while you penetrate her, and then lift one knee up toward your chest, resting your calf on her upper thigh and butt while you continue to thrust. Switch legs! The movements will alternative your thrusting from one side to the other, giving you a chance to angle her body slightly from side to side for better access to her breasts and clit.





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3. Seeing Stars: The hardest of hard core exercises, this is all about getting one leg off the ground. Balance on only one hand and one foot, with opposite limbs up in the air (your left arm and your right leg should be up, while your right arm and left leg are down).

This position is best for your lover, who can hold on to the edge of a bed or low table, one foot balancing on the ground, the other up in the air around your waist. You can use the highest leg as leverage for thrusting as you stand or kneel between them.

## SQUAT

The upper body gets a lot of focus in sexercise, but a strong lower body is incredibly important as well, especially if you want to enjoy any of the standing positions! Improving your lower body strength and flexibility will hone your thrusting power and skill, and a good lower body workout can be done even when your upper body is still sore from Pushing.

THE UPPER BODY GETS A LOT OF FOCUS IN SEXERCISE, BUT A STRONG LOWER BODY IS INCREDIBLY IMPORTANT AS WELL, ESPECIALLY IF YOU WANT TO ENJOY ANY OF THE STANDING POSITIONS!

### THE MUSCLES

- Glutes: The butt and hip flexor muscles are absolutely vital for a solid thrust.
- Quads: The quadriceps is four distinct muscles which define the front of the thigh.
- Hamstrings: Your hamstrings run the rear of the thigh and are prone to tightness. For excellent flexibility, these should be stretched regularly.
- Calves: The calf muscles make up the front, upper and lower back of the lower leg.

### THE PLAN:

Lower leg exercises are the easiest of them all, because they can be done just about any time you aren't having sex. You'll have to master the push and the pull exercises before you are strong enough to practice either of these while knocking boots.



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1. **Balancing Act:** Stand on one foot. That's it. First, stand on one foot, looking straight ahead. Next, stand on one foot with your eyes closed. After that, try opening your eyes again but this time looking straight up at the ceiling. After that, try standing on one foot on the mattress or a couple thick pillows. The easier this is, the better your balance and rhythm will be. When one leg is exhausted, start again with the other!

This balance development is great for standing-up doggie-style sex with your lover on her belly on the bed or another surface. You can stand with one leg on the ground, the other on the bed or table, keeping her legs apart while you thrust.

2. **Squats:** Squatting is a natural movement that humans in societies without chairs can do for hours on end. For a body doing what it is designed to do, squatting is as natural as sitting is to us with our modern conveniences. Not only is sitting generally bad for the body, but squatting is actually *good* for the body, even as a rest state, aiding in digestion and relieving spinal tension.



The most important thing about squatting is form. Keep your feet *flat* on the ground, heels and all. Keep your back straight, not hunched forward. **Do not let your knees travel past your toes.** They should hover over, but not past, whether you stop at a 90 degree angle or go all the way to the ground.

The best way to practice a squatting pose during sex is using a wall or other hard surface, transitioning from the couch to a standing position. Lean back against the wall with your feet 1-2 feet away from it, and then slowly bend at the knees and the hips, keeping your back flat. From this lowered position, your lover can climb onto your lap and she can squat down as you thrust up, meeting in the middle.



## PULL

Pull movements focus on the rest of the upper body muscles that aren't worked on a Push day. If your arms are still sore from a few days ago, wait another day or two if you want to feel good before it gets bad again!

IF YOUR ARMS ARE STILL SORE FROM A FEW DAYS AGO, WAIT ANOTHER DAY OR TWO IF YOU WANT TO FEEL GOOD BEFORE IT GETS BAD AGAIN!

### THE MUSCLES

- Forearms: these are the flexor and extensor muscles in your lower arm.
- Biceps: the bulging (one day?) ones in the front of your upper arm.
- Lats: these back muscles span the sides of your body, between your ribs and your spine.

### THE PLAN:

Pull exercises aren't quite as obviously necessary as Push when it comes to upper body strength, but if you ever want to get into those more advanced standing and sitting positions, it's important to develop the rest of your arms as well.

1. Pull Up: Pull ups are traditionally done using a pull up bar or door frame, with your body hanging in the balance. These are great, though you will likely need some support to get started, but they don't translate very well to sex.

Try standing on the bed gripping the headboard, or on the floor gripping the edge of a heavy table, a bathtub, etc. Bend your knees at a 90 degree angle and keep them bent. Have your partner straddle your lap, and thrust using your arms as leverage, pulling your body up to meet hers.

2. Double Pull Up: Have your lover sit on the edge of the bed, counter or table, and stand between her legs. Hook your elbows under her knees, and support her thighs and butt with your hands. Pull her up and down instead of thrusting entirely with your hips. This movement will prepare you to pick her all the way up.

Whether fully supported by your body, or still leaning on a counter or a wall, she can practice the same exercise by "hanging" from your shoulders with her



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legs around your waist for support. As you practice lifting and lowering her, she can practice doing the same with her own body weight. She can hold you around the neck or over the shoulders for a "pull up" motion, or with her arms curled under your armpits and back up to your shoulders from behind for a "chin up" movement.

## HIGH-INTENSITY

Often referred to as HIIT (High Intensity Interval Training) or simply "sprinting", this exercise can be part of your regular routine doing the moves above, or something you add in extra once a week or so to keep things interesting.

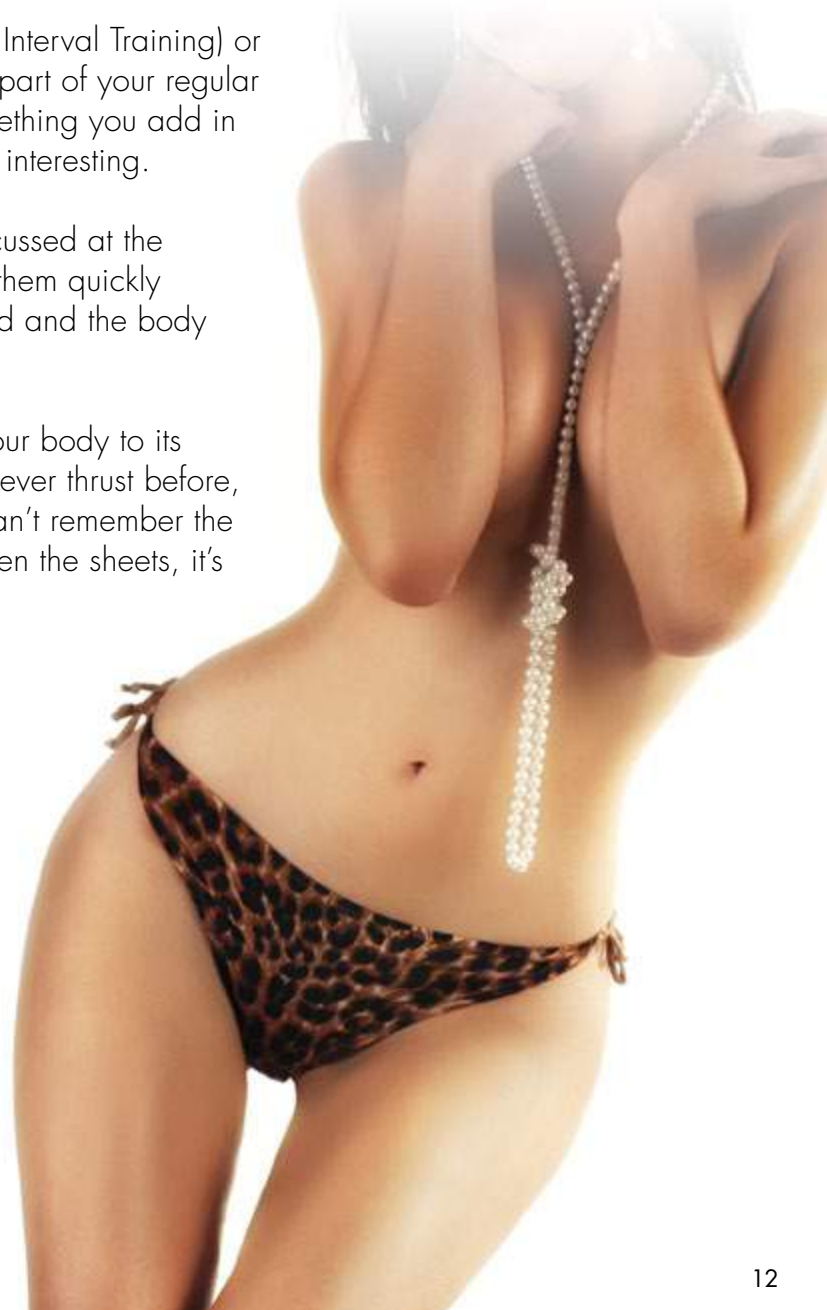
HIIT is about using intervals, as we discussed at the beginning of today's lesson, but doing them quickly enough that the heart rate stays elevated and the body goes until complete exhaustion.

Sexually speaking, this means taking your body to its absolute limits, thrusting like you have never thrust before, and even getting a bit sweaty! If you can't remember the last time things got really heated between the sheets, it's time to get HIIT-y with it.

### GO, AND GO HARD

Just like with strength intervals, HIIT is about going as hard as you can, and then taking a break. With these cardio intervals, you want to really push your limit. If you were actually sprinting, you would be running as if your life depends on it. Do you know how to sex like your life depends on it?

The best moves for HIIT are ones that involve your entire body. Put



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your lover in a sex swing or dangle her rear off the kitchen table. Get yourself completely mobile and then thrust like you have never thrust before, pushing and pulling, rotating your hips, holding her up, holding her down, lifting one leg, and then lifting the other. When you can't stand anymore, move to the couch where you can put your feet flat on the floor, your butt hanging over the edge and your back flat on the seat, while she straddles you. Use your amazing thrusting powers in this position to raise and lower your hips at incredible speeds!

To finish off, get into the Bear Crawl position with her on all fours underneath you and maul her like an animal! Hope that she gets used to getting sweaty with you – she can always climb on top to get herself worked up while you take a bit of a rest.

Afterwards, suggest a shared shower together to clean up, cuddle up, and get back to your day. If you keep this up, you'll be boasting better bodies and a sensational sex life before you know it! Pretty soon, you'll be fit enough to model for the Kama Sutra! Don't ever give up improving, experimenting and having fun.

IF YOU KEEP THIS UP, YOU'LL  
BE BOASTING BETTER BODIES  
AND A SENSATIONAL SEX LIFE  
BEFORE YOU KNOW IT!



There you have it, honey... another *Erotic Encounter*!

Give this a moment to sink in, because **I WANT YOU** to promise me that you will enjoy this *Erotic Encounter* with your loved one **TONIGHT**.

Not tomorrow darling ... not next week. It has to be **TONIGHT**. If you let this invaluable information slip into your subconscious, it may never rise back to the surface.

But don't worry. Your homework is going to be fun! How often do you get to learn something that sounds so *sexy*? Let your passion free and make a date to practice the new erotic arts I've shared with you.

And remember, if you want to learn more advanced techniques about sexual positions, go ahead and download "*Orgasmic Sex Positions*" program. You will get a 70% discount today, just for being my "*Erotic Encounters*" member.

Just click the button at the bottom of this website or go to [www.OrgasmicSexPositions.com/eroticoffer](http://www.OrgasmicSexPositions.com/eroticoffer) to download your copy now.

Enjoy your *Erotic Encounter* honey, and stay tuned, because next week's adventure will be even hotter.

Until then, live with **LOVE** and **PASSION** in your heart and body... always.

*Sensually yours,*  
Gabrielle Moore

