

THE TEN MINUTE STAMINA BOOST

LAST LONGER AND
GET HARDER IN ONLY
10 MINUTES PER DAY
(AND OTHER SEXUAL TIPS)

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MOORE**
Better Sex. Better Life.

Table Of Contents

Introduction	3
Kegel Exercises	5
Identifying the Muscles	6
Toning the Muscles	8
Extra Tips	9
Other Daily Exercises	11
New Ways of Coming	17
Mind Over Matter	19
Power Foods	24
Vitamins and Minerals	27
In Closing...	29
References	30

Introduction


There isn't a single guy out there who wouldn't love to be able to last longer in bed and get harder erections. If I were to tell you that there were simple exercises that you can do every day in order to make that a reality, you would probably be pretty interested in hearing more. But if I told you that you can achieve that goal with very minimal effort on your part and a miniscule time commitment you would probably be ready to sign up right away. Most men don't realize just how easy it is to have better, longer lasting sex. Just like you work on being the best at your job, or at your favorite hobby or sport, you can also work on and improve your sexual game.




Most men are surprised to learn that a large percentage of men have concerns about lasting long enough in bed. They are always curious about how long is "normal." To be honest, the media perpetuates this idea that men need to last for hours and that is what women want. The reality is often quite different. One study showed that the average time a man lasted in bed was between 3 and 10 minutes. It's hardly lasting all night long, and that is the average guy. So, what do women think? That's what most men are really concerned with. Men have their orgasm at the end anyway, but the real concern about not lasting long

enough has to do with concern that your partner didn't fully enjoy the sexual experience. Some women are fine with having sex just as long as it takes them to have their own orgasm. Others like to go a bit longer. One survey found that 77% of women would like sex to last longer than 10 minutes. The ideal time reported in this study was between 15 to 25 minutes. Although, over 20% said they prefer to keep sex under 10 minutes. The challenge? It varies from woman to woman, of course, how much time it takes them to have the big O. Besides that, some will want to continue and others will be fine with you coming and finishing just as soon as she has. What most men really want is the power to last as long (or as short) as their partner wants them to on any given day. They want more control over their sexual performance time and their orgasm.

That is what this eBook will provide for you: simple and fast exercises that you can do everyday that will help you greatly improve your sexual performance, along with lifestyle improvements that will greatly improve your sexual health. It's not going to take a huge time commitment on your part. It will be simple to make this a part of your daily routine, like taking a shower or shaving. Before long you will be doing these things without even thinking about it and getting great results.



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Kegel Exercises, They're Not Just for Women!

Some of you may have heard of Kegel exercises (aka pelvic floor exercises). These are often recommended to women who have urinary incontinence, before and after childbirth to maintain/regain elasticity and strength in the vagina, and to improve a woman's sexual performance and experience. Kegel exercises strengthen the pelvic floor muscles, which are the muscles (in women) that surround the vagina, urethra and anus. Women might practice these to enhance sex because having stronger pelvic floor muscles allows them to grip the penis more firmly during sex. It is also said to benefit the quality of the orgasm for women as well.

However, in this case we're not concerned with how Kegel exercises benefit women, we want to know why they're important to men. The pelvic floor muscles in men are located in the same place as women. They are located in the pelvis in the genital/buttocks region. They are shaped like a hammock and stretch from the pubic bone in the front to the tailbone at the back of your body. They're key in bladder and bowel control and in sexual function. Men who have had surgery for bowel or bladder problems, and those who are overweight or unhealthy may suffer from weaker pelvic floor muscles. Men, like women, also use these exercises for urinary incontinence, but there is a use that's a lot more exciting and interesting. Men have been using these kinds of exercises to have more control over their ejaculation and improve their sexual performance. The benefits of these kinds of exercises have even been backed up by research.



It's estimated that about 20% of men suffer from premature ejaculation (defined as orgasming before one would like, generally in under a minute). A recent study in Europe that taught a more complex version of Kegel exercises to men who suffered from premature ejaculation had excellent results. Eighty-two percent of the participants more than quadrupled their sexual performance time by the end of the 12 week trial.

It's logical that toning muscles in a given area will help you to perform better when using the body parts associated with them. You build muscles in your arms to be able to lift things better. You work out your leg muscles in order to run faster, jump higher and perform longer. It just makes sense that building and toning muscles that involve your genitals will naturally make your performance in bed stronger and better.

1. **Identifying the pelvic floor muscles** - The first step to doing Kegel exercises is knowing what muscles to control and contract. It's extremely important that you work out the correct muscles in the proper way because if you don't, you won't get the results that you want. Here are four techniques for finding and identifying the correct muscles:
 - a) In order to find your Kegel muscles, try to stop or slow the flow of urine in mid flow the next time you're going to the bathroom. Be careful not to flex or tense the muscles in your legs/thighs, buttocks, or abdomen at the same time. If you have successfully



stopped or slowed the flow of urine without flexing any other muscle group, you have found the muscles you need to work on. The easier it is to stop this flow, the stronger your muscles are. This technique is very useful for identifying the exact muscles you need to work out, but exercising them in this way is not ideal. You should do this particular exercise no more than once a week to ensure you are exercising the right muscle group, but doing it more than that can cause other urinary issues.

- b) Some men also report that contracting these muscles feels similar to when you're trying not to pass gas. To locate the right muscles, squeeze the ring of muscle around your anus as if you are trying



to hold in a fart. You will feel a lifting up sensation in that area. Release. Try it a few times to make sure you have found the right area. In this particular exercise, it's very important to make sure that you're not also squeezing your buttocks together.

- c) Sit or lie down and use a hand mirror to get a good view of your testicles/underside of your penis. Flex those same muscles and use the mirror to watch your pelvic muscles pull up. You should be able to observe the lift in that area with the mirror.

- d) Finally, stand sideways and naked in front of a mirror. When you flex these muscles you should see your penis pull up toward your abdomen and your testicles lift. Being careful not to flex other muscles, try flexing and releasing several times, observing how your body reacts in the mirror.

If you don't notice a distinct lift or squeezing feeling or you can't stop or slow the stream of urine when peeing, you might have very weak pelvic floor muscles. If you're having trouble locating the correct muscles, you can consult a doctor for assistance.

2. Toning your pelvic floor muscles:

- a) Squeeze and pull in the muscles that you identified in the previous lesson. Hold them in a contracted state for 8 to 12 seconds. When you squeeze these muscles you should have a distinct feeling of lifting up. That will help you to know that you are doing it correctly. Again, be sure that your butt, abdomen and leg/thigh muscles are totally relaxed when you're flexing your pelvic floor muscles. Your goal should be to hold for at least 8 seconds, but if you aren't able to do 8, hold for as long as you can and work your way up to 8 over time. After holding for the allotted time, relax the muscle and rest for 8 seconds. When you release you should feel like you are letting




the tension go completely.


- b) Repeat the same thing, flex strongly and tightly for 8 to 12 seconds, and release completely for another 8 to 12 seconds. You should do 8 to 12 repetitions of this same exercise.
- c) Do three sets of 8 to 12 repetitions, each with a rest in between.
- d) Repeat this exercise daily.

3. Extra tips:

- a) In the beginning, it may be easier to do your Kegel exercises when lying down so your muscles aren't fighting against gravity. This will also help you to be able to relax your leg/thigh, buttocks, and abdominal muscles more. After several weeks of being able to hold your muscles for at least 8 seconds during every repetition, try the exercises standing up to give yourself an added challenge.
- b) Start with as many seconds as you can to begin with. This might not be much more than 2 or 3, but that's okay. Men who have just started lifting weights can't bench press 200 lbs on their first try. You have to build your strength and work up to the bigger goals. Fewer really solid squeezes are much better than a lot of poorly executed ones. Start with what you can and build up your strength and stamina.



*Make sure you are relaxed
and breathing normally
throughout your exercise.*



- c) Breathe. Make sure you are relaxed and breathing normally throughout your exercise. Just like in other forms of exercise, you will have better results if you remember to keep your breathing normal than if you are holding it in.
- d) Stay consistent. Having a routine to when you do your exercises will both ensure that you actually remember to do them and it will allow the exercises to benefit you more. Try practicing the exercises first thing in the morning before you get out of bed every day.
- e) Chart your progress. Many men start to see results in about 3 to 6 weeks. The changes might not be drastic or happen overnight, but they will happen. If you see no difference after a month, you might not be working the correct muscle group. Try the 4 strategies for identifying the correct muscles listed above again or consult with your doctor for assistance. Don't be embarrassed to ask for assistance. These exercises are commonly used for men and women who suffer from urinary incontinence, so doctors are very familiar with helping patients locate them and helping them learn how to exercise them.



- f) Once you have Kegel exercises mastered, you can try tightening and releasing your pelvic floor muscles rhythmically during sex. This should help you maintain a harder erection and it will help to delay ejaculation.

- g) If you suffer from premature ejaculation these exercises can be very helpful, but you might have even better results by consulting a medical professional. A doctor can use a biofeedback machine to monitor your exercises and ensure that you are in fact flexing the correct muscle group.

Other Daily Exercises to Boost Your Sexual Stamina

Your overall health plays a huge role in your sexual performance. Your body and mind need to be healthy in order to perform at your absolute best. Just as you can't expect to run a marathon without training your body and mind properly, you can't have great sex if you're not taking good care of your overall well being. Part of this can start with simple exercises, just like the Kegels you learned in the previous section. Below are some other fantastic, minimal effort exercises that you can do every day that will make a big difference in your sexual performance and experiences:

1. **Pelvic Lifts** - You need a strong pelvis in



order to be able to hold and maintain sexual positions. If you have strong muscles in this area you will also have increased movement and flexibility, which will help you improve and vary your thrusting techniques.

- a) Lie on your back with your knees bent and your feet flat on the floor.
- b) Take a deep breath and simultaneously flex your abs and buttocks and lift your pelvis up with your spine straight. Your upper body down to your knees should be flat like a table top.
- c) Hold in this position with your abdomen firm and sucked in for 10 seconds, breathing deeply all the while.
- d) Slowly release down as you exhale out.
- e) Take a brief rest and repeat.
- f) Do one set of 10 repetitions every other day.

2. **Groin Stretches** - Stretching your groin will help increase your flexibility, especially when it comes to certain sexual positions. Doing this kind of stretching can make certain positions much easier and more comfortable and it may even help you to be able to do positions that you weren't able to do before.

- a) Sit on the floor with your legs stretched out in front of you. Pull your legs in and position them in front of you so that the soles of your feet are pressed together. Your legs will make a diamond shape.
- b) Let your knees drop to the floor until you begin to feel a stretch and pull in your groin muscles. Don't feel the need to force this stretch. Men aren't often very flexible in this area, so a little

pressure usually does the trick. Overstretching this area can cause painful tearing so be careful not to overdo it.

- c) Hold this position for 20 to 30 seconds. When completed, use your hands to help guide your legs back together.
- d) You can practice this stretch several times every day. For added intensity you can do the same stretch lying down on your back instead of sitting.

3. **Reverse Crunches** - Having strong abdominal muscles will help you with endurance and thrusting power in the bedroom. This particular type of crunch will target the exact muscle group that you want for longer, better sexual performance.

- a) Lie on your back with your legs up in the air bent at a 90 degree angle. Your lower legs will be parallel to the ground and your upper legs will be at a 90 degree angle from your upper




body. Reverse crunches are like regular crunches, but you are lifting up your legs and butt instead of your head and shoulders.


- b) Roll your pelvis forward, lifting your butt and hips off the floor. Hold for a few seconds and release.
- c) Do three sets of 15 to 20 reverse crunches 4 times a week to get optimal results.

4. **Lunges** - Lunges work important muscles in the legs, hips, and buttocks that are key to many different sexual positions. Building up these muscles will greatly help to improve your technique and stamina in the bedroom.

- a) Stand with your feet hip-width apart and step forward with a straight back. Take a long step so that when you lunge forward your thigh is parallel to the ground. Your other knee will come close to touching the floor. Push back into a standing position and repeat with the opposite leg to complete one repetition.



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- b) Do three sets of 8 to 12 repetitions 4 times per week.

5. **Cardio exercise** - You can get your cardio any way that you like, but it's extremely important to your sexual health and stamina. Do you wonder why you might be winded after 5 minutes of thrusting? Are certain positions impossible because you just can't keep up your stamina for more than a few minutes? If that's the case, then you definitely need to start doing a cardio workout to help improve your stamina. You can walk, jog,

run, bike, swim, or use a number of different cardio machines at the gym to get a proper cardio workout.

- a) Cardio workouts improve blood flow to the whole body, including to the penis, and that can lead to better orgasms.
- b) Cardio can greatly improve your stamina and will allow you to keep your cool longer when having sex. The more exhausted and excited you are, the more likely you are to finish earlier than you would like to.
- c) Exercise releases endorphins, the “happy” brain chemicals that reduce stress. A reduced stress level has a hugely positive effect on your sexual experience and performance.
- d) Add a cardio workout to your routine 3 to 5 times a week for 30 to 60 minutes each time.

6. **Improve your diet** - At this point you might be wondering what the heck



diet and exercise have to do with lasting longer in the bedroom. Believe me, they have everything to do with it. Everything about our health is intertwined. Poor health in one area will affect how your body performs in another area. Just like high blood pressure can lead to erectile dysfunction for some men, not taking care of your overall health will affect your performance in a number of different ways. Maintaining a healthy diet will help your sexual health as well. Men who improve their health have better blood flow throughout the body, more energy, and enhanced libido. Try out these specific tips for a strong sexual self:

- a) Drink 8 glasses of water a day.
- b) Start eating more fruits and vegetables and less meat.
- c) Use less salt.
- d) Make sure you are getting enough calcium in your diet.
- e) Control your cholesterol levels.
- f) Cut calories from your diet.
- g) Don't have more than 2 alcoholic drinks per day.

Practice Masturbating - Learn New Ways of Coming

Yes, you read that correctly, you get to practice masturbating! Most men have developed bad masturbatory habits as boys that negatively affect their sexual performance as men. When masturbating, boys usually nervously try to come as quickly as possible because they often lack the privacy that they need in order to take their time. Because of this, they unknowingly teach themselves to come more quickly through the way that they pleasure themselves. Later in life when men want to be able to relax and enjoy sex, they are still accustomed to nervously finishing up quickly, whether that is their intention or not.

One way to combat that bad habit is to practice slowing things down when you're masturbating. As adults, many men masturbate to release tension, whether it's sexual tension or just general stress in their lives. Either way, the goal of masturbation usually isn't to slow down and enjoy it fully, so you continue to perpetuate that habit of orgasming quickly. When it comes to the following exercise, that is exactly what you're going to try to do, slow down. Essentially you are retraining yourself to masturbate and orgasm in a more relaxed and less rushed way.

1. Begin by setting aside some time to masturbate when you know that you won't be interrupted by anything or anyone. If you live with others, lock your bedroom door just to be safe. Turn your phone off so that nothing will distract you. If you use pornography to get turned on, try skipping it this time and focusing instead on a sexual fantasy. Set a timer for 30 minutes. Your goal will be to masturbate without orgasming for that full amount of time.
2. As you begin, take things extremely slow. Use a light touch. Pay attention to the sensations you feel, but don't rush to enhance those sensations

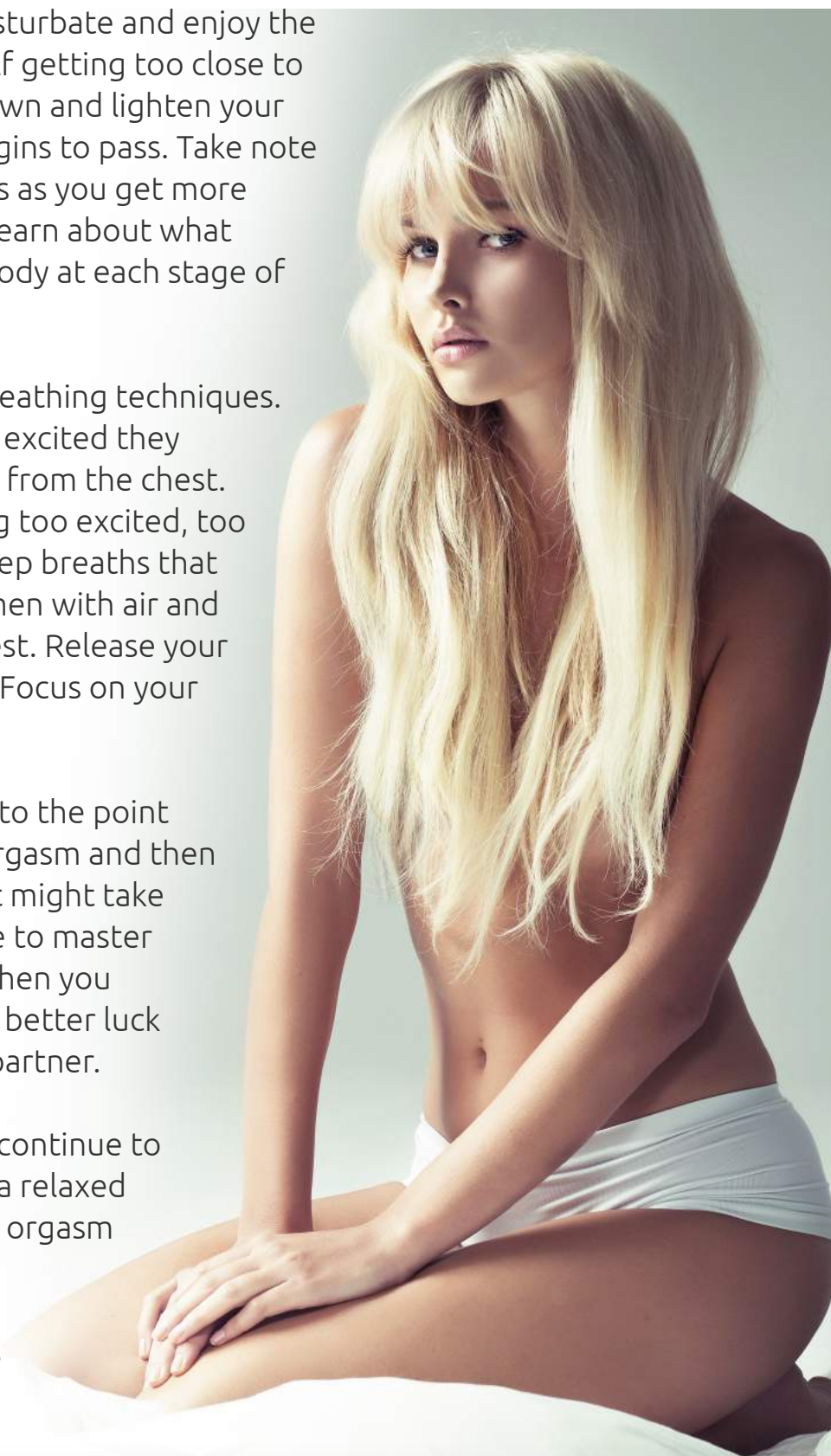


Try to learn about what changes happen in your body at each stage of excitement.



too much. Just slowly masturbate and enjoy the feeling. If you feel yourself getting too close to coming, slow way, way down and lighten your touch until the feeling begins to pass. Take note of the way your body feels as you get more and more excited. Try to learn about what changes happen in your body at each stage of excitement.

3. Practice deep and slow breathing techniques. When a person is sexually excited they often breathe quickly and from the chest. If you feel yourself getting too excited, too quickly begin slow and deep breaths that start by filling your abdomen with air and move slowly into your chest. Release your breath even more slowly. Focus on your breathing.
4. If possible, bring yourself to the point where you are about to orgasm and then slow down and hold off. It might take a lot of practice to be able to master this, but if you can do it when you masturbate, you will have better luck using that skill with your partner.
5. When the time limit is up continue to masturbate slowly and in a relaxed way, but allow yourself to orgasm when you're ready.
6. Practice this several times a week. Only allow




yourself to masturbate if you are able to take this amount of time to do it slowly. This will help to break the cycle of masturbating and coming as quickly as possible. Reconditioning yourself in this way may take a lot of time. That's okay, your habits were formed over years of masturbating one way, allow yourself some time to reverse this habit.

7. Practicing slowing down is especially effective during masturbation because you are able to fully focus on your own body and its responses. When you are with a partner, there are too many factors in play for you to be able to fully get to know your own sensations.

Mind Over Matter - Believe It, Be It

Our minds have the power to make our sexual experiences amazing beyond our wildest dreams, or horrible disappointments that we wish we could forget. Stress, exhaustion, depression, and a number of other factors can all affect your desire to have sex and your performance once you're actually having it. Experts in sexual dysfunction say that mental barriers are usually the most difficult obstacles to overcome. What kind of mental obstacles are you facing, how are they affecting you in the bedroom, and what can be done about it?



*It has been said that the
most important sex organ
you have is your brain.*



Body Image

When people think of body image issues, they generally think of women, but in recent years men's body image issues have gotten a lot of attention as well. Although women may have more pressure and more obstacles when it comes to their body image concerns, men are not immune from these worries. Men worry about their weight, their muscle mass (or lack thereof), the size of their penises, and a number of other physical factors. All these concerns can wreak havoc on a man's confidence and ego, and having low confidence can definitely cause problems in the bedroom. What to do about it?

- **Exercise** - Exercising will not only giving you a better, stronger body you can be proud of, but it also boosts endorphins (those feel-good chemicals in the brain) and reduces stress. Following an exercise plan will boost your confidence because you will start to see changes in your body and it will make you feel great.
- **Practice acceptance** - Be easy on yourself. We tend to be our own worst critics. Not every guy out there is going to be auditioning to be a male stripper, but you know what? Not every woman is attracted to that kind of guy. Just like men have a variety of different tastes for women, women are



the same about men. It's great to work on self improvement, but you should also work on accepting and loving yourself just the way you are. Self confidence is way more attractive than any physical trait.

- **Practice daily affirmations** - If you're lacking in the confidence department, daily affirmations can make a huge difference. Write down a list of qualities and traits you would like to have. For example, "I am great in bed." "I'm an attractive, confident man." or "Women are naturally drawn to me." It may feel embarrassing to do this at first, but trust me, if done correctly, affirmations can be extremely successful. Choose 3 or 4 of the most important affirmations to repeat to yourself 5 times a day, every day. Make it a part of your daily routine and do it at the same time every day. Write the affirmations down on notecards




and post them up on your bathroom mirror. Or if you prefer to keep them more private, keep the notecards in your bedside table and start the day by taking them out and reading them aloud to yourself. It may feel silly, but once you start replacing your negative self talk with positive self talk, you really start to feel better about yourself in general and believe what you are saying. Try it for a month and if it doesn't work, you don't have to do it anymore (but it will work!).


Getting Enough Sleep

Sleep is extremely important in all areas of your life. It helps you to perform better at work, in your personal activities, at home, and... you guessed it, in the bedroom. Men who don't get enough sleep have much higher stress levels, which also affect sexual functioning. Here are a few tips to make sure your sleeping patterns are what they should be:

- **Exercise** - Do I sound like a broken record? Yes, it's true. Exercise can also help with sleep issues. If you have trouble sleeping, do your workout within three hours of hitting the sheets, but be careful not to do it within 30 minutes of going to bed, as that can actually have the opposite effect on your sleep patterns.
- **Have a sleep routine** - As unpredictable as life can be, the best thing for your body is to set and maintain a fixed sleep routine. That means going to sleep and waking up at around the same time every day, even on the weekend! Your body will thank you.
- **Skip the nap** - If you have trouble sleeping, you should power through your mid day sleepiness and skip out on taking naps.



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De-Stressing

I have a theory that most adults have some kind of significant stress in their lives. It might be work-related, it might be your relationship, your kids, or a combination of a number of different factors. Stress is just something that adults have become accustomed to having around, but that shouldn't be the case. Having a healthy outlet for stress is extremely important.

- **Take time for yourself** - No matter how busy you are, try to take time every day to dedicate to something that is just for you. If you are worried about taking that time for yourself, make sure you offer the same to your partner.
- **Engage in a de-stressing activity** - This could be yoga, it could be reading, it could be just sitting quietly and staring into space for 20 minutes, but it will be very beneficial for you to choose and regularly engage in some kind of activity that allows you to de-stress.
- **Shut down** - Turn off your cell phone, unplug from the internet and turn off the TV for at least a short time every day. We have grown used to multitasking a million different things at once, so much so that even relaxing on the couch can become a stressful balancing game.



Meditation

Practicing any form of meditation can also be very beneficial for improving your mental well being and even for lasting longer in the bedroom. Meditation practitioners suggest meditating daily for 15 minutes. You should sit in a comfortable position and close your eyes. Your goal should be to simply observe yourself. Thoughts will come into your head, you can observe them and then simply let them go. This is also an excellent time to practice deep breathing techniques, which can be useful to use when trying to calm yourself down during sex. Some say that meditation practices can be used during sex to make sex last longer and enrich the experience.

Power Foods That Help You in The Bedroom

Just like following a healthy diet can help you to improve your sexual functioning, there are also certain foods that have a direct effect on different sexual functions. Adding these foods to your diet can fine tune your sexual self by making you healthier in specific ways that affect sexual health. Here are some foods to try incorporating into your regular diet for maximum effect:

- **Asparagus** - Asparagus has tons of potassium, phosphorus, calcium, and vitamin E, which are extremely important when it comes to urinary health. Plus it will give you a great energy boost. The nutrients in this vegetable are needed to produce testosterone and other sex hormones.
- **Eggs** - Eggs are high in B vitamins, which help to reduce anxiety. A plateful of eggs in the morning before a hot date can help to relax a nervous guy. They also can have a stress reducing effect when life is particularly rough. B vitamins have been shown to be associated with a high libido as well.
- **Oats** - Believe it or not, a big bowl of oatmeal can have multiple positive effects for your sexual self. Oats have a variety of different compounds that help circulation (to keep that healthy blood flowing to the right areas) and helps to prevent cholesterol buildup. Because oats are a

complex carbohydrate, they also help to reduce nervous anxiety, which is something that most men who worry about lasting longer suffer from.

- **Peanuts** - Hopefully peanut allergies aren't an issue for you because this little nut has a ton of an amino acid that dilates blood vessels and will help give you better erections.



- **Seafood** - Seafood like caviar, oysters, and lobster are rich in zinc, which increases the production of testosterone and promotes male fertility and prostate health.
- **Ice Cream** - Good news! Now you have a really good excuse to indulge in ice cream. Granted, we recommend that you opt for the low-fat kind, but ice cream is high in calcium and phosphorus, which help to build muscular energy and boost libido. Calcium is also said to make orgasms more powerful because the muscles involved in orgasm need calcium in order to contract properly.
- **Frozen Peaches** - Keep some frozen peach slices in your freezer and use

them in your daily smoothie or even as a topping on that low-fat ice cream. Frozen peaches are said to have more vitamin C than fresh ones, and more than oranges. Vitamin C is extremely important for a high quality sperm count.



- **Blueberries** - These also go great in your morning smoothie or as some added flavor in your bowl of oatmeal. They relax blood vessels and improve blood flow. That means that more blood will flow to the penis and you will have stronger erections. It's recommended that you have a serving of blueberries 3 or 4 times a week for maximum effect. They are also high in soluble fiber, which helps remove cholesterol from the blood.
- **Steak** - While it's not recommended every night of the week, a lean steak every now and then will do the body good. The protein in steak naturally boosts levels of two different brain chemicals that heighten sensitivity during sex. Steak also has tons of zinc, which boosts your libido by reducing the production of the hormone prolactin, which can interfere with arousal.

- **Orange Juice** - Orange juice boosts the amount of healthy cholesterol in your system. Drink at least 3 glasses per week.
- **Low-Fat Milk** - Beside the great benefits of calcium mentioned before (remember: better, stronger orgasms), it also helps to maintain your sex drive. Dairy is also an important source of protein and riboflavin.

Important Vitamins and Minerals

- **Zinc** - Without enough zinc your body won't produce enough testosterone and you could even have issues with impotence. Smoking and drinking alcohol and coffee in excess can seriously harm your zinc levels. In addition to the zinc-rich foods listed above, peas, lentils, oats, and tuna also have high levels of zinc. A multi-vitamin is another way to ensure that you're getting enough zinc.
- **Vitamin E** - This vitamin is extremely important when it comes to increasing blood flow throughout the body. It helps to keep blood vessels healthy and plaque-free, which is important since damaged and plaque ridden vessels are one of the causes of soft or non-existent erections. It can be found in plant oils, salmon, eggs, almonds, and leafy greens (ie. spinach).
- **Potassium** - Potassium helps in the production of testosterone. It also enhances sexual responsiveness and coordination. It can be found in lean meats, nuts, whole grains, fruits, and vegetables.
- **Iron** - Iron is extremely important for your energy levels. If you have noticed that you don't feel energetic enough, it might be due to low iron levels. It is found in lean meat, eggs, raisins, bananas, and green vegetables.
- **Vitamin C** - This vitamin is absolutely essential when it comes to your sperm quality and count. It increases mobility, count, and strength. It

improves the absorption of iron in the body, which is important for energy levels. It also increase hormones that reduce stress. You can get more of it by eating citrus fruits, tomatoes, peppers, onions, and various other fruits and vegetables.

- **B-Complex Vitamins** - B vitamins help to enhance fertility, boost circulation, increase energy, and boost your libido. Your best bet might be a complete B vitamin to ensure that you're getting enough of the 11 different B vitamins. They can also be found in fish, legumes, eggs, brown rice, and other whole grains.
- **Vitamin A** - This vitamin strengthens testicular tissue, maintains healthy sperm levels, and helps your body to utilize the testosterone that is already present. It can be found in liver, eggs, carrots, sweet potatoes, and spinach.



In Closing...

In the end, it's not just one thing that is going to help you to last longer in bed and maintain better and harder erections. There are so many things that you can do to make sex a much better experience for you and your partner. Most of them are going to have numerous benefits beyond sexuality, like lower levels of stress and a healthier mind and body. But because we know that all those things are connected, that will come around and benefit you again in the bedroom.

All of these exercises and tips can be integrated into your life right now, but realistically you might not be ready to make all of the changes at once. That's okay. Begin with Kegel exercises, a new fitness routine and start paying more attention to your diet and mental health. Incorporate these things as you feel comfortable. Once you start seeing the amazing results, you will want to do more and more.



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