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Unlimited Sexual Stamina

Let me start by saying that this book has the ability to change your life.

I know that sounds like a big promise, but imagine how much better your sex life would be if you have complete and total control over when you have an orgasm.

That's what this program is going to show you – how to be able to jump in the bed and rock your girl's world until she just can't take anymore.

And let be frank with you – I used to be a chump when it came to sex.

I was lucky to last five minutes.

And I knew that I wasn't satisfying the girls I was with. No matter how many times you hear "it's ok" you know that it really isn't.

There's a sense of disappointment.

And shame.....

But the good news is that you can **turn your sex life around**.

Even if you feel like it would be impossible to control when you orgasm, I can promise you that with some work **you can last as long as you want when you have sex**.

You can become the stud every girl dreams of – if you're willing to do a little work.

This program is going to show you exactly how to get there. I don't care what stage you're at – whether you cum within 30 seconds or 15 minutes – whoever you are, by the end of this program you will have what it takes to last as long as you want in bed.

I should point out that I'm not going to put a lot scientific or medical mumbo jumbo in this guide. I don't want this to sound like a medical textbook.

You don't need to know the exact biological process that takes place when you cum. The problem with so many health related programs is that they dive too deep into the science of it all as opposed to giving you what you need – the solution!

The first goal is to show you immediate techniques you can start using as soon as tonight to increase your stamina. However, that's not the main focus.

Our main goal is to give you the skills you need to last as long as you want, whenever you hop in the sack.

We're going to do that by showing you regular routines and exercises that you can use to continuously train your body to last longer and longer.

Let's get started.....

The Unlimited Sexual Stamina Program In A Nutshell!

First off, in a perfect world I wouldn't offend anyone. And I truly hope I don't.

But when you're writing about such a sensitive topic, it's only natural that you might rub some people the wrong way.

And I'm talking about offending anyone for wanting to last longer in bed – this is such an unbelievable common problem that there's absolutely nothing to be ashamed about.

However, when I was writing this guide I struggled a tad with what kind of language I should use.

You see, it gets pretty repetitive to constantly type the word "penis" or "vagina".

And to be frank, most people use slang in the real world. There are parts of this book when I'm asking you to visualize a sexual experience and using the "politically correct" term all the time seemed unnatural.

So I must warn you – I use some "dirty" words in this guide. You're going to read things like cock, pussy, dick etc.

Your poor eyes!

However, the truth is that in the real world, slang far outweighs the politically correct terms when sex is being discussed. I even sent out two copies when I was having this book reviewed – one with only "politically correct" terms and one identical to the one you're reading now.

And the second one was much better received.

So if these words offend anybody, that's obviously not my intention.

Bottom line, regardless of the words I use, I'm going to show you how to get the sexual stamina you're looking for.

Let's talk briefly about how this program works.

Remember – the goal is simple – to permanently cure your premature ejaculation and give you the power to last as long as you want in bed.

One of the most common questions I get from customers is “how long will it take to see results?”

The answer I give is 2-8 weeks – but obviously this depends on the person and your exact situation.

There's so many different factors that determine how long it will take – how much a problem is you PE now, how dedicated to the exercises are you, age etc.

If you have very little control over your ejaculations right now and have been suffering with this problem for a while, realistically you expect to be closer to the 8 weeks as someone who has decent ejaculatory control but just wants to increase his stamina.

But the point is that it makes no difference in the long-run how long you can last right now!

Anyone who follows the steps outlined in this guide will be able to gain unlimited control over their ejaculations.

Each and every one of you can get there. And even if you're one of the guys that it takes 8 weeks for, the entire time leading up to you being “cured” you will be noticing *drastic* improvements.

And when you're all done, you'll have exactly what this book is titled – **Unlimited Sexual Stamina**.

And if there is any part of you that is embarrassed or feel weird about using this program, throw those thoughts out the window immediately!

This is something you have decided to do to better yourself and **make your sex life the most it can be.**

Not only are you going to find sex far more pleasurable as a result, but your wife, girlfriend or sexual partner is going to be thrilled!

So approach the Unlimited Sexual Stamina program as something that you are **doing to better yourself.** Stay motivated, stick with the program and you will reap the rewards shortly.

Your approach to being able to last as long as you want in bed is going to involve three steps:

First, I'll show you a simple visualization exercise that you will do throughout the program.

Second, I'll give you some exercises that are designed to strengthen the various muscles involved when you orgasm. Training these muscles will make it possible for you to *drastically* increase your stamina.

It's important that you do these exercises regularly in order to get the most out of the program. They're easy to do and you can literally do them anywhere, even with your clothes on. More on that later.

Third, I'll give you some awareness exercises and techniques to be better able to recognize when you're going to cum and how to delay the process.

These exercises are going to deliver tremendous results if you commit yourself to doing them.

Lastly, I will go over some general tips and techniques that are useful to control your orgasms.

I have also included some tricks you can use to instantly last longer in bed before you have gone through the entire program. You can start using these tonight to make sex last longer.

They're short term fixes and you won't have to rely on them, but at the start they can be the perfect boost.

And remember – you WILL reach your goals. You WILL be able to have a newfound control over your sex life and you WILL become the man of her dreams.

I'm Aroused, Horny, Turned On, etc – Arousal Explained

Let's talk a little bit about "arousal".

Or to be blunt – getting horny.

I'm sure you know how this goes. You get turned on, you get an erection and the stimulation and excitement builds up. Eventually, all this sexual energy results in an orgasm.

However we can look at it from a slightly more technical viewpoint and then break it down into three steps:

Step #1 – Something triggers a sense of arousal (seeing a girl naked, kissing, touching etc) and blood flows to the penis giving you an erection. As your arousal increases, your erection becomes stronger.

Step #2 – At this point your arousal continues to escalate and you begin to experience certain sensations in your genital region. More blood is sent to the penis and the head of your penis becomes bigger and more sensitive. Your excitement builds and you can feel the sensations intensify. As these feelings escalate, a sensation in your penis indicates that an orgasm is approaching.

Step #3 – Ejaculation!

As you might imagine, the key step when it comes to controlling your orgasm is the second one.

When you're having sex or "fooling around", you can typically feel the energy and excitement building up. Most men can identify when they're close to ejaculating based on the sensations they feel in their penis.

This is one of the most important parts of learning proper ejaculatory control – you **MUST** be able to identify the sensations that you feel leading up to an orgasm.

By doing so you will be able to pinpoint when it's time to slow down or change what you're doing so that you delay orgasm.

One of the most common problems with men who suffer from premature ejaculation is that they lack the ability to properly gauge when they're about to cum.

And guys who can last long in bed don't have some magical ability – they simply are "in tune" with their body and can make sex last longer by identifying when they're close to cumming, delaying their orgasm, and doing this repeatedly throughout sex.

It might sound overly simple, but that's 90% of the battle.

And when you're accustomed to doing this, holding back an orgasm becomes second nature for you. It will take you much longer to get to the point where you think you are going to cum, and much less time to "settle down" and feel as though that urge has passed.

See Yourself As A Stud – Visualizing Your Way To A Better Sex Life!

I've seen a number of people talk about how it's important to practice relaxation techniques in order to get a better grasp on premature ejaculation. It's often that I read about using both relaxation and visualization to help cure PE.

And they're right.....kinda.....

There's no question that being wound up or stressed when engaging in sex can make things worse. If you're stressed over worrying about having an orgasm too fast, you're almost sure to cum faster than you wanted!

But most doctors or therapists teach the wrong form of relaxation to patients struggling with premature ejaculation.

It's a unique situation and you won't solve it by listening to a CD full of ocean waves and bird calls.

I fully believe that you need to be able to enter a sexual experience with a relaxed state of mind, but the typical relaxation techniques aren't going to get you there.

Therapists often give tapes or assign breathing exercises to patients and ask them to practice them on their own at home. And while these exercises are extremely useful for certain conditions, they don't automatically translate into you being relaxed while having sex.

You can't exactly put on a relaxation tape in the background while you're making love to a girl! That's not exactly a turn on for her 😊

You need to be able to enter a sexual experience in a relaxed state from the start. And you don't accomplish this just by doing relaxation techniques outside of the bedroom.

That's why you need to focus on visualization techniques rather than relaxation exercises. You need to see sex as a situation that isn't stressful, nerve-racking or uncomfortable for any reason.

And visualization can be a powerful tool to build your sexual confidence AND boost your stamina in the bedroom.

Not only will this newfound confidence allow you to last as long as you want in bed, but it will make you a better sexual partner.

Women want to be with a confident man, and this is especially true in the bedroom. It's a huge turn-on for them.

Even guys who technically "don't know what they're doing" can turn on a woman if they come across as confident and it LOOKS like they know what they're doing.

And with this program, I'll show you how to gain this confidence AND show you the techniques you need so you actually DO know what you're doing ;)

How are you going to practice these visualization techniques?

Let me lay it right out there for you – you're going to masturbate a lot during this program!

Call it what you want – jerking off, masturbating, beating the meat – it's a big part of this course.....

And if there's any part of you that's embarrassed about this – don't be!

Obviously masturbation is a part of life. And let's face it, it's fun.....

And now it will not only be “getting you off”, but it will also be a powerful tool you use to drastically improve your sex life.

So, now that that’s out on the table.....

Visualization is a powerful tool that has been used by thousands of people to improve performance, and obviously not just in the bedroom!

Professional athletes often use visualization to help them gain an extra edge. Any task that you’re completing has a mental component to it - whether it’s a sport, exam or having sex.

Visualization allows you to reprogram your mind so that you are in the optimal psychological state for any situation. And in this case, we’re going to use it in order to allow your mind to make you have better sex.

At this point your mind is used to thinking about sex in a certain way.

For many guys their mind is “programmed” to believe that sex will only last a few minutes. Other guys are programmed to believe that they won’t be able to please their partner.

I’ve heard from SO MANY guys that are literally convinced that every time they have sex they’re going to cum before their partner will even be close to having an orgasm. They think they’re doomed to living a life where sex lasts no more than a few minutes, sometimes even less.

This thought pattern is destructive.

And although you may or may not be in this boat, there are surely certain negative thought patterns that are blocking you from having the best sex you can.

So it's time to reprogram your mind. It might sound corny, but by visualizing yourself having great sex and being a “god” in the bedroom, the results you will achieve are going to astound you.

Now before we go into the exact techniques, I will quickly mention that some people have trouble relaxing and get anxious when they first give visualization a try.

For best results, you should be relaxed and have a clear mind.

Don't worry if it feels odd or “funny” at first. If you are anxious or unrelaxed at first, just push through it. It will get a lot easier. And you can also use the breathing techniques I outline later in this book right before the visualization technique if you want.

This exercise involves you reading about a sexual experience and visualizing yourself involved in it. You might read it and laugh at first – in fact most guys do. It's the kind of thing that if you read it in a locker room it would be met with a chorus of laughter!

But once you get past the initial reaction, take it seriously. Don't fluff it off as being silly – I promise you it's not. It will pay huge dividends.

On the following page there's a fully laid out sexual “story” that you can picture in your head. Visualize yourself in the experience – try to really immerse yourself into it.

I know you've had “fantasies” played out in your head before and didn't think twice about it. The same thing applies here, however I'll be giving you some guidance.

For the best results, you can record yourself reading the “fantasy” onto a tape or MP3 and listen to it with your eyes closed. This makes it a lot easier to visualize it as opposed to reading it.

If this is the first time you're going through this guide, you don't have to actually do the visualization, but do at least read the next couple of pages. When you're done going through the guide, pick a good time to actually perform the exercise.

And don't put it off – remember that half of the battle is taking action!

Visualization Exercise – You Da Man!

Here are the steps involved for this exercise:

First, you want to be comfortable. You can either lie down or be seated as long as you're comfortable. For the first time round, I suggest lying down.

Second, try to relax and focus on the task at hand. Take it seriously and don't just think it's "silly". You've fantasized so many times in the past without being nervous or thinking it was silly, so the same should apply here!

And this should take some time – don't rush through it! This is absolutely imperative! Make sure you dedicate an **absolute minimum** of 10 minutes to do it.

On the next page you will find the fantasy that you will be visualizing. The first time round, read through it without actually visualizing so you get an idea of what you're going to be picturing in your head.

Next, perform the visualization but remember that this exercise should last at least 10 minutes. Obviously it will take you far less time to read through it, so you need to focus on various stages of the fantasy and let yourself go with it.

As I mentioned earlier, you may want to record yourself actually reading out what is on the next couples of pages so that you can listen to it while you do the exercise. If you do this, make sure you read it slowly and include long pauses between paragraphs so that you give yourself enough time when you are actually doing the exercise.

In the end, you will be doing this exercise without the need to read these pages or listen to any recording. You will have the fantasy “memorized” and will be able to recall the various components.

But please pay attention to the various stages involved in the visualization as there are several important components to it. If you’re doing it without reading it, it’s important you include all these components.

Visualize yourself with a beautiful woman. A woman that has all the physical features that turn you on and get your juices flowing.....

Picture yourself face to face with this woman.

You **both are highly attracted to each other.**

You can feel the sexual tension in the air.

You gently grab the back of her head and draw her in towards you until your lips embrace. You're passionately kissing her and the **sexual energy in the room is escalating** quickly.

As the two of you are kissing you feel her reach for the bottom of your shirt. She pulls it upwards and takes it off of your body. **It's clear that she wants you.....**

You follow route and begin to caress her breasts through her clothing. They feel amazing and you can't help but tear her shirt and bra off to get a better look.

Picture this gorgeous woman in front of you with her amazing breasts pressed up against your body.....

You grab her breasts in your hand and begin to lick her nipples. They're exactly what you had hoped for.....

You both simultaneously scramble for each other's belts and within seconds both of your pants are on the floor. You're rock hard at this point as the both of you touch each other's bodies all over.

She reaches inside of your underwear and begins to stroke your cock. Her hand has the perfect grip and she slowly strokes your cock up and down. Your erection is intense and the erotic energy in the room is **spiralling upwards and upwards.....**

As she strokes your penis you remove her panties and begin to rub the outside of her pussy. You can feel her getting wet and she begins to moan as she takes off your underwear.

You take charge and lead her to the bedroom where you throw her on the bed. You look at her from above and can see in her eyes that **she's just as turned on as you are**.

She wants you and you're about to give her pleasure like she's never had before.....

You begin to kiss her neck and start moving your lips down her body as you continue to kiss her all over.

You rub her tits and spread open her legs as you position your face right in between her thighs.

You open your mouth and begin to kiss her pussy. **You can see her quiver with pleasure.....**

You lick her clit slowly. You can literally taste her getting wetter and wetter.

You've got her in the palm of your hands now. She's shaking, moaning and panting for more.....

Your cock is raging hard. She grabs your hair and pulls lightly on it while saying "**I want you inside of me.....**"

Throughout all of this you're so unbelievably turned on, yet you're **in complete control of the situation**. You're relaxed and are allowing the moment to happen without any distractions.

It's now time to give her what she wants – your hard cock inside of her. You've got the most amazingly beautiful girl in lying naked in front of you. She's wet and waiting.....

You slowly enter her. She lets out a gasp and rolls back her head in pure pleasure.....

She feels better than you thought possible.....

Her pussy is warm and feels perfect around your throbbing cock.....

You slowly thrust in and out of her. This whole time your sexual excitement is peaking. You feel all sorts of sensations in your cock and every look at her body sends erotic sensations through your body.....

Think about how you feel right now. Feel the sensations that you feel not only in your genitals, but also the rest of your body.

Maintain the vision of you thrusting inside of her. You are sliding in and out of her at a steady pace now. She's moaning and hearing her pant and make noise turns you on even more.....

Keep picturing the scene in your mind. Focus on how amazing it feels to be inside of her.

Look at her from all angles – watch her breasts bouncing as you thrust inside of her.

Look down and see your penis sliding in and out of her magnificent pussy. Look at her face and how she's responding with intense pleasure to your hard cock inside of her.....

Now you begin to slide in and out of her faster. The **energy keeps escalating.**

Think about the feeling you get when you're extremely sexually charged and how amazing it feels. You keep pounding away at her.....

You can feel the energy build up to the point that you feel like you're close to cumming.....all the excitement has brought you to the point where you could blow your load any second.....

But you don't want this sensation to end quite yet. Remember – **you're in complete control of the situation....**

So you slow down your pace. You lean down and kiss her and caress her breasts while still inside of her. By slowing down you allow the energy in your cock to ease until the desire to cum isn't as strong.....

And **she loves the change of pace**. You know that women love variety and they love to be kissed during sex. And you also know that slowing down in pace actually makes it easier for her to cum once you start to build up speed again because the variation excites her.....

She doesn't know that you almost came – she just sees a **confident guy** that is giving her pleasure like no one else can.....

You start to thrust faster again. You see her getting more and more excited and you feel her pussy getting wetter around your cock.

As you continue to make love to her you see and hear the immense pleasure you are giving her.

She tells you that she's about to cum. She's feeling the same energy as you are. The two of you are going to cum together.

Watch her as her excitement builds to the point where she can't hold back. Her amazing body is shivering with pleasure as she has the most incredibly orgasm ever.

When you see that she is about to orgasm, you then allow yourself to cum with her. It's an incredible moment that the two of you share together.

And you can't help but feel proud of the fact that **you and your sexual power was able to give her the most amazing orgasm.**

You lie back and enjoy the moment. THIS is what sex is all about.

For the first time, just read through this visualization and get used to the idea of being able to visualize it as you lie down.

As mentioned before, it's more effective to be able to do this visualization with your eyes closed, so making a recording of the above works well for many people.

However, you can also put the visualization to memory. In reality, this is even more powerful as it is then engrained in your mind.

Eventually, after you have done the visualization a good number of times with your eyes closed, you will then begin to masturbate as you do the visualization. The masturbation techniques that you will be using will be described later on in the awareness exercises section.

One word of note – please practice the visualization at least a half dozen times WITHOUT masturbating. This way you have the visualization in your mind without experiencing any orgasm.

And it's ok to change certain aspects of the visualization in your head – you can change the location where the fantasy takes place or even the woman involved. You can also extend it by picturing her giving you oral sex before you penetrate her.

However, if you have a girlfriend or wife and you are going through this program to improve the sex life that the two of you have, I STRONGLY urge you to visualize you and her in the area where you most often have sex. Please do this for at least the first 15 visualizations – it will have a HUGE impact. After all, you want to carry over the visualization into your everyday life!

Get Your Pump On! Your Guide To PC Exercises

In this section we're going to cover the physical exercises that you will use to strengthen the muscles that are involved in an orgasm. These exercises will lead to increased stamina in the bedroom.

These exercises are called "PC exercises". Let's first go over what PC muscles are.

Your PC muscles are located between your butt bone and pelvic bone. These are often referred to as your internal pelvic muscles. [Click Here](#) to see a diagram to give you a better idea of where they are.

By properly exercising these muscles you can experience a dramatic increase in your sexual performance.

In fact, these exercises are also used by men who suffer from erectile dysfunction or have a problem maintaining an erection.

These exercises can lead to a better sex life for many reasons. First, your erections will become harder and will feel "fuller".

Second, you will gain more control of your orgasms. You will become much better at not only recognizing when you are about to cum, but you will have the ability to use these muscles to delay your orgasm. It's extremely powerful.

Lastly, the orgasms that you will have will be much more powerful and satisfying. Men commonly report increased satisfaction and describe their orgasms as "explosive".

These exercises give you plenty of reasons to be excited! And it doesn't take much work to see results. Put in the work, stick with it, and **you'll be amazed at the results.**

Ok – your first goal will be to locate the muscle and be able to feel yourself using it.

Here's the easiest method to get a good understanding of what muscles I'm talking about and for you to feel yourself using them:

If you go pee and then stop midway through, your PC muscles are what you use to allow yourself to stop peeing.

Next time you go pee, make yourself stop midstream. Heck – you can even go do it now.

You will be able to **actually feel the muscle working** when you stop peeing. It's the one that lets you "hold back".

Pay close attention to the sensation and the location of the feeling you get when the muscle is working.

Also, are you able to quickly stop the stream of urine? This indicates, to a certain degree, how much control and strength you have of your PC muscles.

You also use the muscle when you try to squeeze out the last drop of pee.

Another way to feel the PC muscle working is by moving your penis upward when you have an erection.

When you're hard, if you can make your penis move upward and downward, you are tightening the PC muscle. Try it and focus on the muscle you are using to do this.

You actually have two "sets" of PC muscles – the front and back PC muscles.

They are part of the same muscle group but they do have different functions.

The two methods I described about “finding” your PC muscle both use the front ones.

Your back PC muscles are the ones that help to stop you from crapping yourself.

Ok that might have sounded a little rude ;)

But it’s the truth. When you need to go “#2” really badly and you have to hold it in until you get to the washroom, your back PC muscles save you from making a mess ;)

The nice thing about PC muscle exercises is that you can really do them anywhere. You could be sitting in a meeting and no one would know!

I’ve spoken to many people who have done them while driving or on the subway. Others do it while at work if they’re sitting down in front of the computer.

Whatever you do, it’s not a bad idea to get into some type of routine so you get used to regularly performing these exercises. Find a time or spot when you are going to do them.

In terms of how often you can train them, it’s important to “listen” to your body. I’ve never heard of someone injuring their PC muscles, but it is possible to feel soreness. To start, take it relatively slow and see how your body reacts.

After you get used to exercising these muscles and you’ve built some strength, you can exercise them extremely often and you shouldn’t have to worry about soreness.

I’m going to list a total of 4 different PC muscle exercises. You’ll want to practice each one as they’re all an important part of this program.

However, to start, focus on the first two. They're easier and they are better for getting a good feel of working this muscle group. Focus on these ones for at least the first 4 days.

Exercises #3 and #4 should be done after you're more experienced with the first two. Let's get to it!

PC Exercise #1

For this exercise, all you're going to do is flex your PC muscle. Sounds easy right?

It actually is, but it might take a little getting used to.

Remember how you identified your PC muscle either by stopping in the middle of a pee or moving your penis up and down while you had an erection?

I want you to try to flex this muscle. You should feel some type of tightening of the muscle around the base of your penis. It may also feel like your penis moves a bit while you're flexing.

Think of flexing it as though you're trying to raise your penis or hold in pee.

Some people can actually feel a slight flexing if they place their hand on the area right above the base of the penis. Not the penis itself, but rather directly above the shaft (the area between the shaft and lower abdomen).

Flex this muscle a few times right now if you've been able to locate it. Now flex it and try to hold the flex for 10 to 20 seconds.

When you're flexing your PC muscle, try to **flex it in an upward and inward motion**. This will allow you to get the most out of this exercise.

Typically this just means flexing a little harder. When you first flex it, it should feel like it is moving somewhat inwards. Flex a little harder and you should feel an upward sensation of the muscle. Experiment with this – you'll start to see exactly what I mean.

Many guys can't hold the flex for more than a few seconds without it starting to feel uncomfortable. This is actually normal as it's a muscle that most people have never consciously trained before. Time to change that!

As time goes on you will start to notice that flexing these muscles is MUCH easier. Not only will you be able to flex them more times in a row or for a longer period of time, but the flex will feel much fuller as well. This is because you are making the muscle stronger.

Think of exercising these muscles as strengthening your sexual power. Just like you become more powerful if you lift weights, training your PC muscles make you more powerful as well, only this time it's in the bedroom!

For this exercise, you will want to flex your muscle and hold it for 2 – 5 seconds. When you're starting out, try to do 10-20 repetitions of this flex in a row.

I recommend doing 3 sets of this exercise.

As you progress, you will be able to do more than 20 reps in a row. Build it up so that you're doing up to 50 reps per set. You might be able to do more than 50, however there's not much point in doing more. You're time will actually be better spent doing one of the later exercises.

Also, mix up the amount of time you hold each flex. After you've done this exercise a few times, try doing 20 reps but hold each flex for ten seconds this time.

As with any exercise, it's good to vary the way you do it. Vary the number of reps and sets that you do along with the length you hold each flex. This keeps your muscles "guessing" and is a more effective way of training them.

If you can do 50 reps and hold each of them for 10 seconds each, then you know you have built up the strength of your PC muscles considerably. When you get to this point, you should start focusing on the more advanced exercises.

As a side note, when you are doing flexes that you are holding for more than a couple of seconds, give yourself 5-10 seconds of rest in between.

Exercise #2 – Training the back PC muscles

The first exercise trained the front PC muscles – now we're going to train the back PC muscles.

Remember, these are the muscles you use when you are trying to hold in a bowel movement.

This exercise is the same as the first – you will be flexing your muscles and holding it for a few seconds.

Try it now – to flex your back PC muscles pretend you are holding back a bowel movement.

It should feel like you're tightening your sphincter – you'll feel it right around the crack of your ass.

Focus on flexing and tightening your flex to the point that you start to feel it all the way around to the back of your testicles. Try it now – you'll see what I mean. If you put your hand between your testicles and your butt crack, you should actually feel movement when you flex.

This is usually easier for most people than the first exercise.

You will want to take the same approach as the first.

Start by doing 10-20 flexes for 2-3 seconds each.

Then keep training until you can easily perform 50 reps.

Also, just like before, vary the amount of time that you hold each flex. Eventually you will want to be doing 50 reps and holding each flex for at least 10 seconds.

For both exercises 1 and 2, you may feel as though you are using some surrounding muscles when you first try them. That's fine, but as you move forward you should **focus closely on flexing only the muscles you are trying to target**. You will see drastically better results this way.

Your flexes should be strong and targeted.

Just like training any other muscle, focusing your efforts and isolating the muscle will produce better results.

I recommend "cycling" exercises #1 and 2 together. By this I mean perform a set of the first exercise, then do a set of the second.

Continue doing this until you have performed at least 3 sets of each.

I recommend starting out by doing these exercises 4 times a week for the first week. Pay attention to how many reps you can perform and whether they become easier by the end of the week.

If you have built up your strength to the point where you can do 50 reps fairly easily, move on to exercises 3 and 4.

However, most guys have underdeveloped PC muscles and therefore it takes longer than a week to build up their strength to that point.

If that's the case, do the exercises 4 times the week after and evaluate where you are at that point.

Also, you can do these exercises more than 4 times a week or even more than once a day, however please pay attention to whether you are experiencing any soreness. You don't want to overdo it and it's normal for your endurance to be low at the start. However, your strength and endurance should pick up fairly quickly.

PC Muscle Exercise #3 – Testicle Raises

In this exercise, you're going to be making use of both your front and back PC muscles simultaneously.

I should mention that this one is typically much more difficult than either of the first two, so please put in the time with those exercises before moving on to this one.

You have the option of doing this exercise when you're either sitting or standing up. I know many of the guys I have spoken to said that they started by doing them with their pants off because it helped them see if they were doing it right.

You're actually going to raising your testicles for this one.

It's a little difficult to put into words how you perform testicle raises, but I'll do my best! When you try them for yourself, it won't take long for you to understand how to go about them.

You're actually going to be lifting your testicles.

To do this, you're going to be flexing both your front and back PC muscles. In fact, you may have notice your testicles rising a little bit when you were performing the first two exercises.

But here, you want to put all your focus on actually lifting your balls upwards towards the base of your penis.

Don't expect to see them move very far, especially at the beginning, but you should see them actually lift. The movement might be extremely small, but that's fine. Just try to lift them as much as you can.

Because the movement might be slight, some guys have trouble seeing the testicles actually lift. I suggest looking at the part of your scrotum that is closest to the base of the shaft of your penis. This is usually the easiest place to notice the movement.

Try it with your pants and underwear off at first and watch. Try it out by flexing both of your front and back PC muscles and when you see them lift, pay special attention to what you just did.

It's a sensation that once you get the hang of it will become easy.

It's a little hard to describe, but I promise you'll be able to figure it out.

Just like if I had to describe to a paralyzed person how I lift my leg, I would struggle putting it into words. However, you obviously know how to lift your leg even if it's difficult to explain the process by which you do it.

Same goes here. Once you're used to doing this, you won't think twice about it.

After you've identified how to lift your testicles, focus on raising them as far as you can.

The structure of your sets should be the same. Try doing 10 – 20 raises that you hold for 2 – 3 seconds each. Do 3 sets of this.

Gradually build your way to 50 reps and then start to increase the length of time that you hold each rep. Eventually you should be doing 50 reps of 10 – 15 second holds.

Exercise #4 – Rapid Fire Flexing

For this exercise, you won't need to learn anything new!

It's easy to understand – you're simply going to perform the first exercise except you won't be holding it for several seconds. Instead, you are going to be flexing your front PC muscle over and over again as quickly as you can.

The first time you do this, count how many reps you can do before you get too tired to keep going. Then wait at least three minutes and do it again. In total do 3 – 4 sets.

As you do this and the other exercises, you should see the number of reps that you can complete will increase quite significantly.

These 4 exercises should be performed at least 4 times a week. However, you'll probably find yourself wanting to do them even more often since they can basically be performed anywhere, at any time.

The more effort you put into them, the faster you'll see results!

And continue to do the visualization as well – it's an important component of the program.

Now it's time to move on to the "awareness exercises". Here you're going to be gaining a better understanding of your stages of arousal and will be doing various masturbation exercises.

Awareness Exercises

Earlier I told you that a big part of this program was going to involve you becoming more aware of when you're about to orgasm and the stages that you go through as you're approaching this climax.

The following exercise is designed specifically to help you with this.

At the beginning of this guide we went over the three stages of arousal.

However, let's expand this a little further.

You go through a number of different stages and feelings on your way to an orgasm. For these exercises I've broken them down into ten stage. Let's go over them (I put them on the next page on their own as you will need to refer back to them from time to time):

The 10 Stages Of Arousal

- 1) Initial thought of sexual activity
- 2) Light sensation in the penis caused by initial state of arousal.
- 3) Arousal starts to heighten and blood rushes to the penis making you semi-erect
- 4) Breathing and heart rate typically speeds up as intensity of arousal and feeling of pleasure increases. Your erection is strong.
- 5) Erection is now full and intense.
- 6) Stimulation of penis results in increased pleasure and energy in the cock. Some guys describe it like a warm or rushing sensation in the penis.
- 7) A very slight feeling of an approaching orgasm becomes present. Some guys describe this as a “tingle” that starts at the base of the penis.
- 8) This “tingle” or sense of oncoming orgasms becomes much more intense

Stage 8 varies in levels of intensity. It’s kind of like a sliding scale of intensity – as you are in this stage, the intensity of the feeling that your orgasm is approaching will change.

- 9) Feeling is so intense that you “can’t hold back”. You are going to cum no matter what, even if you stop.
- 10) Orgasm occurs.

All of these stages are present in some form each time you have an orgasm, whether you're masturbating, getting a blow job or having sex.

And depending on the circumstances, you can reach a certain stage faster than other times.

This awareness exercise is meant to heighten your ability to recognize each of these stages when you're having sex.

Being able to know what stage you're in will enable you to gain greater control over any sexual experience you're having.

You want to gain a better understanding of your body and be able to recognize the stage that you're experiencing. The key, as you might have guessed, it to be able to recognize when you reach "stage 8" and then prevent yourself from reaching "stage 9" – the stage when you can no longer delay an orgasm.

You're going to train yourself to be able to recognize the stage you're in and then move backwards. For example, when you reach stage 8 and but before you cum, you will be able to move yourself back to a lower stage.

And don't worry – you won't be using the "grandmother" trick!

What's the "grandmother" trick?

I've heard many guys say that when they're close to cumming, they try to imagine that they're having sex with their grandma so that they aren't as turned on anymore. They do this in the hopes that they won't cum too quick.

But this isn't what sex is supposed to be!

No offence to your grandma, but picturing her naked isn't exactly pleasurable ;)

You don't have to think of nasty things or try to distract your mind in order to delay your orgasm. You can have unbelievable sex where you're are highly turned on the whole way through, yet you are still able to last as long as you want.

You have the option of performing this part of the program either just by yourself, or with your wife or girlfriend as well. It's entirely up to you.

Obviously, if you're working with your girlfriend, you will have to be open with her about what you're doing and explain to her that you are trying to increase your stamina in the bedroom.

Many of the men I've worked with involve their significant other in the process of increasing their stamina. If premature ejaculation is a problem, your partner is most likely aware of it. And to be frank, they want you to be able to last longer.

And that's not meant to sound harsh, but obviously women want to be able to enjoy a fulfilling sex life.

And for a woman to be truly satisfied, sex does have to last longer than just a few minutes.

So even though she may love you with all her heart and say everything is fine, there's a part of her that wishes your sex life was better.

It's for this very reason that many women WANT to be involved in their man's quest to last longer in bed. Not only are they excited by the thoughts of the results, but they also are proud of their man for taking the step necessary to better themselves.

Obviously, it's entirely up to you whether or not you tell your wife or girlfriend that you are going through this program. You can get the same results without them ever knowing (although they will definitely notice the difference!)

However, don't ever be embarrassed about discussing it with your special someone.

I can understand if it's a brand new girlfriend that it may be awkward. When it's a brand new relationship, most men simply do these exercises on their own. The decision is yours!

Whatever you decide, I do recommend doing it on your own for at least the first three times so you get a good grasp of what you're trying to accomplish.

There's one VERY important note I want to point out.

Even though you are trying to gain a better control of your orgasms with these exercises, there are going to be times when you're doing them that you are going to cum before you wanted to.

Don't look at this as a failure!

In fact, this will lead you to get a better awareness of your body. Through this practice you'll become more and more in tune with your body and will be able to better identify every stage of arousal that you are feeling.

It's powerful stuff.

Now, I'm going to assume that you masturbate every now and then and are comfortable doing it.

It's a part of life and I have yet to meet a man who didn't masturbate, at least on occasion.

So have fun with this part of the program – let yourself go and get into it!

You will be focusing a lot more on your body and the sensations that you're feeling than you have in the past. After all, it's all about becoming more aware of your body.

Masturbation Exercise #1

You can do this lying down or sitting. Most guys will lie down, but it's entirely up to you.

First, if you're not relaxed, take a few deep breaths. Breathe in deeply, and slowly exhale. Do this five times.

Next, think about a sexual scene in your mind that turns you on. Start by thinking about a naked woman – don't just jump to a thought of you having sex with a girl. You can picture the girl touching herself or the two of you caressing each other.

As you do this, pay attention to your state of arousal. Remember the early stages that we talked about earlier – you will most likely be experiencing the first few at this point.

Continue to think about this sexy girl. As you do this, start to touch your cock. Don't just grab it and start going at it! Instead, touch it lightly and gradually work your way to stroking it gently as you continue to let the erotic scene develop in your head.

At this point you will likely be at stage 5 or 6.

Allow your fantasy to progress. You should be picturing the two of you engaging in foreplay and enjoying each other's body.

Try different ways of stroking your cock. Touch your penis in a variety of ways to see how different touches will give you different sorts of pleasure. Let yourself feel every stroke and truly enjoy the moment.

Don't be afraid to make sounds during this. Moan, groan or even talk dirty. It can be a big turn-on and can lead to a more satisfying experience.

Take your time playing with your penis. You should be fully erect and excited at this point.

After some type exploring, get a good grasp of your shaft and begin to stroke it a little harder than before. In your mind, picture yourself having sex or getting a blow job at this point.

Don't move too fast. Take it slow and enjoy the incredible feeling you're experiencing.

As you're doing this, occasionally think about what stage of arousal you're experiencing. Obviously you don't want to think about this all the time and ruin the moment, but take a few seconds to identify where you are in terms of arousal.

Allow the moment to take over and continue to stroke yourself at a good pace.

Let yourself get to the last few stages and allow yourself to ejaculate. Don't try to fight it or stop it from occurring – just enjoy. And pay attention to how stage 8 and 9 felt for you.

Pay attention to the wonderful feeling of your orgasm. Feel your cum being pumped out and flowing through your cock.

This exercise is designed to give you a better understanding of the stages of arousal that you go through and the sensations that you feel throughout.

This first exercise isn't one that you will do throughout the whole program, rather just at the start.

Don't skip it – it's a critical step in getting to know your body and the ejaculatory process better.

Do it at least five times in total and remember to focus on how you feel during the various stages of arousal.

And at least two times, try to do it without any visualization of fantasy in your head.

Instead, focus just on how the touch of your penis feels and the physical sensations that you are feeling. Leave the fantasy aside.

Masturbation Exercise #2

In this exercise, you are going to practice back and forth through the various stages of arousal.

I recommend not fantasizing or visualizing for this, at least at the beginning.

This exercise will heighten your ability to recognize exactly what stage of arousal you are in. This will have a profound effect on your sex life as you will be able to carry it over into your sexual experiences.

You will start off just like you did in the first exercise – slowly getting yourself aroused by touching yourself and gradually building to the point where you're stroking your penis.

Let yourself get into it until you reach stage 6. At this point – STOP.

Let yourself fall back to stage 3. The excitement should have dwindled – you may still have an erection, but it won't be as powerful as it was before.

Don't let yourself completely get rid of any arousal though. You should still be turned on, but you are simply allowing yourself to slide back to an earlier stage of arousal.

When you are back down to stage 3, start touching yourself and masturbating again.

Once again, when you reach the 6th stage, STOP and allow yourself to go back down to stage 3.

Now start up again and this time let yourself go all the way up to stage 7. Keep in mind, you don't want to rush yourself back up the stages. Take it slow.

When you reach stage 7 – STOP. Once again you want to allow yourself to fall back to stage 3.

A quick note – stage 7 happens right at the first sign of a potential orgasm. Many guys describe it as a warm feeling or a tingle that starts to build up in their cock. As soon as you feel this, make sure you stop masturbating and give yourself time to move back down to stage 3.

When you're back at stage 3, work back up to stage 7 and STOP.

You guessed it! Bring yourself back to stage 3.

Now you're going to go all the way to stage 8. Your goal is to make it to stage 8, push yourself fairly close to the "point of no return", and then STOP.

Many guys go over the edge and cum at this point. AND THAT'S OK.

It's gonna happen sometimes. There's a lot of sexual energy built up in your body at this point!

But try your hardest to identify exactly when you hit stage 8, and then STOP. You should feel the "tingle" or sensation that signals ejaculation is approaching, continue to pleasure yourself so that it becomes more intense, and then stop.

At this point, try building back up to stage 8 at least three times. You may find that you move up the stages a lot faster at this point – that's normal since you've built up a huge amount of sexual energy.

When you've gone up to stage 8 at least three times, let yourself build all the way up to orgasm.

Enjoy this – you've earned it!

And pay attention to when you cross over from stage 8 to stage 9. Try to pinpoint the sensation in your penis of when you know you are going to cum no matter what – even if you completely stopped.

And it's possible that you won't have been able to go all the way to stage 8 and back three times without cumming.

Again, you will “go over the edge”. This is completely normal!

It helps to show you what your limits are. It lets you get a better feeling of just how far you can take things.

And as you keep practicing, it will easier and easier to identify when you're going to cum, and when you need to slow down. You will start to gain a whole new control over your body and the sensations you're having.

You are also training yourself to grow accustomed to the idea of lasting longer. This exercise should take you AT LEAST 10 minutes – probably much longer. And remember, you will also be doing the visualization exercise as well (where you don't masturbate, just visualize).

You need to do this exercise often! It might seem repetitive, or that you have the hang of it, but you'll be amazed at the progress you make if you stick with it.

Remember, you're training your penis to be every woman's dream!

And to be frank, it's a pretty fun exercise!

Masturbation Exercise #3

This exercise is extremely similar to the one you just did, however it's a little harder (and you might be too ;).

You should have practiced exercise #2 at least 5 – 10 times before moving on to this one.

It's the exact same, but instead of moving down to stage 2 each time, you will only be moving down two stages of arousal.

So, at first, build yourself up to stage 5, stop, and then wait until you are back at stage three.

Then start up again.

Work your way up to stage 5 again, and then down to 3.

Go to stage 6, then down to stage 4. Do this twice before moving up to stage 7, and then stopping until you're at stage 5.

At the end you want to be building up to stage 8, stopping, and then falling back to stage 6. Do this a total of 3-4 times before allowing yourself to go all the way and ejaculate.

Once again, pay close attention to when you reach stage 9 and the sensations you are feeling when you know you are going to cum no matter what.

As you can see, this is very similar to the last exercise, however it probably won't take you as long and it's also very likely that you will cum before you want to at times.

It can be pretty intense because you don't allow your body nearly as much time to get rid of all the sexual energy and hormones that are rushing through you.

This exercise will further heighten your awareness of your body and train you to get used to cycling between stages.

Eventually, you will carry much of this into the bedroom. You are going to have complete control over cycling through the stages during sex.

And as you can imagine, it's much more realistic to go down only two stages during sex than all the way down to stage 2. That's why this exercise is so important.

Tips to Increase The Effectiveness Of These Exercises

Now, don't laugh at this, but there are a couple of things that I have found increase the effectiveness of these exercises and make them more realistic.

Let's face it, jerking off with a dry hand isn't the same as having sex or getting a blow job.

That's why I recommend using some type of lubricant when practicing these exercises – at least some of the time.

Try using a hand cream or some type of lubricant that gives you more of a slippery and wet feeling. It's more realistic and to be honest most guys think it feels a lot better.

You can also try using a "pocket vagina". Don't laugh!

I know a lot of guys think I'm crazy when I first say this, but it's a great way to make it feel as close as it can to real sex.

Run a search online and you'll easily find a store that sells them. They're basically small, artificial vaginas that you use when you masturbate.

They're not expensive, and since they're so small they aren't hard to hide in case you're embarrassed. It might sound funny at first, but I swear it can make these exercises more effective.

At this point, we're going to move on to the awareness exercises that you can do with a partner.

Not everyone reading this will be in a relationship, so it might not apply to you.

And to be honest, even if you are in a relationship, you may choose to skip these. It depends how comfortable you are about sharing this program with your lover.

These are useful exercises, but if you aren't able to do them, you won't be at a huge disadvantage. So don't worry if you have to skip over this section.

If you do have a partner that you are comfortable practicing with, then it's worth a shot. They can be helpful and it's a nice way to mix things up. (and give your hand a rest ;)

Partner Exercises

Now as I've hinted at, your partner is going to have to be extremely supportive of you and your quest to improve yourself in the bedroom. I know a lot of guys are nervous to talk to them about it, but you'll probably be surprised by their response. Most women are very eager to help and happy to see you taking a step like this.

However, if you bring it up and don't feel support coming from them, then you will most likely not feel fully comfortable with these exercises. You need to be relaxed, and it will be hard to achieve this if you don't feel as though your partner is behind you.

It's also possible that your lover won't take it seriously if they aren't supportive.

Again, it's HIGHLY unlikely that you will get their full support, so I don't want to worry you.

But there are some woman who feel awkward discussing sexual issues like this. It's hard for them to be fully comfortable in this type of situation. And that doesn't make them "wrong" or mean they don't love you obviously, it just is what it is.

Enough babbling – let's get to it!

Before you do start, you should make your partner aware of the exercises you have been doing on your own and the purpose behind them.

Talk to her about the 10 stages of arousal – it's important that she understands them as you will be using these exercise to get an even better understanding of what each stage feels like to you.

Your partner is also going to learn the stages and gradually will be able to identify the stage you are in.

I also recommend giving her a copy of this book so that she can fully understand what you're going through and the work you've been putting in. It will give her a better understanding of how she can help during these exercises.

During these exercises, you are going to have to let your partner know exactly how you're feeling to let her know what to do. It's similar to the masturbation exercises, except that she will be stimulating you. You are going to be cycling through the stages of arousal again, so she will need to know when to stop.

You are going to need to tell her when to stop and start.

You will also be letting her know what stage you are in.

There are also times when you will want to tell her to go faster or slower. So in a nutshell, communication is key!

Partner Exercise #1

This is almost like a combination of the first and third exercise that you did on your own, except that now your partner is going to be the one touching you.

The key to this is that you take things slow. Remember how in the first you gradually let yourself get aroused and built your way up to touching yourself.

You didn't just grab your meat and start beating it!

Same goes here – you don't want your girlfriend or wife to dive right in. You want to take this opportunity to enjoy the moment, let her pleasure her in a variety of ways.

And as corny as it might sound, throughout this program, and especially in this exercise, you should be learning more and more that sexual pleasure isn't just about cumming. It's about the whole moment and everything that leads up to it.

As I mentioned, you will need a supportive partner for this exercise, because this time it's all about you! In this exercise, it's a one way street. You are the one who is going to be "receiving" the whole time.

She's going to be the only one doing the pleasuring here..... you can thank me later ;)

You will want to be lying on the bed with your woman with all of your clothes on.

Begin by kissing each other. And make it passionate – all too often when we're in a relationship we forget how amazing just kissing can be. Kissing can not only enhance a sexual experience, but woman get turned on by a man who is willing to just focus on kissing for a little while.

Gradually you will want to unclothe each other. I'm not going to give you any rules for this. Go with the flow.

Just make sure that you are both naked eventually. While you are taking off each other's clothes, keep up the kissing and feel free to tell her how beautiful she is, how much you love her etc.

While you are doing this, DO NOT have her touch your penis. And don't touch her genitals either. Remember, just like the first exercise, you are not rushing anything.

Once you are both naked, you are going to tell her what to do. Have her touch various parts of your body. There are all sorts of areas she can touch or kiss without going for your penis.

Your earlobes, your ass, your inner thighs.....

If you're not entirely comfortable telling her what to do, let her use her imagination, as long as she knows not to touch your cock quite yet.....

It might seem weird for you to be "receiving" and not "giving" back. With sex, there's always that feeling of obligation that we need to return the favour.

However, this is all about you! If you've explained to her what you are trying to do, or if you have let her read this guide, then she won't have any trouble understanding this.

So don't feel awkward giving her directions or asking her to do something differently.

And pay attention to how your body responds and what stage of arousal you are in. You should recognize it from doing the exercises on your own.

However, it's quite likely that you are getting aroused much faster in this case. Obviously having a naked woman doing the work for you will do that!

After at least ten minutes of this, she should start to touch your cock. At first, she might want to play with your balls or tease you a bit instead of going right for your shaft.

Either way, she wants to touch it lightly and slowly. The goal is to take it slow. Once again, this extra stimulation should be moving you upwards in the stages of arousal.

The purpose of this exercise is to have her first build you up to stage 7.

As soon as you reach stage 7, let her know. When you do, she needs to stop playing with your cock and go back to kissing other parts of your body.

Once you have dropped back down to stage 5, she will start to touch you again until you are back to stage 7. At this point, tell her to stop until you are back down to stage 5.

See how it's similar to the third masturbation exercise you did on your own?

When you're back to stage 5, let her play with your cock again and this time let yourself go all the way to stage 8.

Once again, have her stop and bring you back down two stages (to stage 6).

When you are back to stage 6, tell her to start up again and enjoy the moment until you're back to stage 8. At this point, let her know to stop and wait until you are at stage 6 again.

As you know, stage 8 is when the feeling of an oncoming orgasm is more intense than it was during stage 7.

In reality, there are some stages WITHIN stage 8. The feeling intensifies as you become more stimulated. Stage 8 will last different times for different people.

Because of your awareness exercises that you have done on your own, you should have a good idea of what stage 8 feels for you and how long you have before you reach stage 9.

You should feel when stage 8 begins and how the intensity increases right up to the point that you hit stage 9.

The reason I bring this up, is that I now want you to tell your lover to stimulate you again and wait until you are close to the END POINT of stage 8 that you tell her to stop. This is a big test and most people blow their load at this point!

But it's an important exercise because stage 7,8 and 9 are the most important ones for you to be able to identify and gain control over.

Remember to let yourself reach stage 8, allow the feelings to intensify up until the point that you know stage 9 is right around the corner, and then have her STOP. Then wait until you are back to stage 6.

Cycle between stage 6 and 9 a minimum of 3 times, although it's very likely that you lose control and cum at some point. And that's ok! You will get better and better as you practice.

After at least three times of reaching stage 9 and then dropping to stage 6, it's time to enjoy what will likely be an extremely powerful orgasm! Enjoy this moment – it's not bad having it be all about you is it? ;)

I should point out that I recommend to only have her stimulate you by hand for the first one or two times that you do this exercise. After you have done it once or twice, let her pleasure you orally if she's willing and that's what you want.

It may be harder to hold back, but typically men are much more turned on by getting a blow job over a hand job. It's completely normal if you reach the higher stages faster than before.

One of the keys to this exercise is to relax and have fun! This has the potential to make you and your partner grow a lot closer sexually. One of the most common reasons that people's sex lives struggle is that there is some form of awkwardness or uncomfortableness between the two partners.

Take this opportunity to have fun together and to strengthen the bond you two have when you are naked. Make sure to compliment her not only on how great she looks, but also let her know how incredibly she makes you feel.

It's important that you express your thanks for her help. And don't ever feel embarrassed if you cum before you wanted to during this exercise. It's completely normal and bound to happen!

Too many guys will get embarrassed and become closed off because of guilt or embarrassment. Instead, focus on the fun you had and comment on how she turns you on so much! Believe me, you will have incredible sexual stamina very soon!

After this exercise, it's time to pay her back! Explain to her how not only do you want to increase your stamina in the bedroom, but you also want to learn more about her body and what turns her on and drives her wild.

You want to explore her body and have her pay special attention to "what works".

You don't have to do this right after she has pleased you, however feel free to! But you do want to show her how committed to making sure she is satisfied.

You will want to lie her down, and begin by touching in kissing her in various places other than her genitals – similar to what she did at the start.

Take this part seriously – women are typically more turned on than men by foreplay that doesn't necessarily involve genital touching.

Kiss and stroke various parts of her body. Pay special attention to her neck – many woman LOVE having their neck kissed gently.

Explore and pay attention to her body language so you get a good idea of what she likes. And of course, pepper in the occasional compliment.

Gradually you will work your way towards her inner thighs and work your way up to her vagina. Take this slow and make sure to "tease" her a bit.

As you kiss her left inner thigh, graze her pussy with your lips or tongue as you move to kiss her right inner thigh.

Very softly kiss the lips of her vagina or even blow on them very lightly.....

Take your time here – this teasing causes an extreme buildup for her....

When you do start to more aggressively lick here pussy, spend some time at first kissing it all over. Use both your lips and tongue.

After a while, you will want to focus on her clit.

I'm amazed at how many guys don't actually focus on a girls clit when they're going down on them – this is their “orgasm center” and it's crucial that you make your tongue best friends with it!

I'm not going to go into too much detail about what to do at this point – one of the bonuses that came with this ebook goes into more explicit detail about a powerful method of bringing a girl to orgasm when going down on them so I suggest you have a look at it.

Make sure that you make it clear to her that you want her to tell you exactly what feels good. Tell her it's ok to give you “commands”. After all, you're mission is to please her.

And don't be offended or take it personally if she tells you to stop doing something in particular. You'd much rather have her tell you then be wasting your time doing something she doesn't even like!

Obviously, the goal is to make her cum and if you go about it the right way and apply the techniques discussed in the bonus book, this shouldn't be a problem.

However, there certainly are women that find it extremely difficult to orgasm.

Other women can have an orgasm during sex but not when they are receiving oral sex.

The good news is that I've worked with so many men who have been able to give women who never had orgasms before explosive ones!

A HUGE factor for woman is how comfortable and relaxed they feel during the moment. This is why it's so important to make them feel at ease and have fun with this!

If you happen to be with a woman who struggles having orgasms, you will most likely not be able to make her cum the first time you do this. But the more the two of you “practice”, and the more comfortable she starts to feel, the more likely she is to reach climax.

Another reason some girls can't cum when they are receiving oral sex is that they are worried about how they are "down there". They worry that they might not be fresh, they taste bad, smell bad etc.

For this reason, make sure you tell her how amazing she tastes and put passion into it. Let her know that you love going down on her and licking her sweetness.

Partner Exercise #2

Well friend, it's time to have sex!

In this exercise you will actually be penetrating your girlfriend. If you have been practicing the PC exercises and the awareness exercises, you will have gained a greater control over your orgasm.

This exercise should be approached with excitement! Don't be nervous – you've had sex before!

This time you are going to be applying what you've learned in the other exercises. And of course, you will be training yourself even more to increase your sexual stamina.

I truly hope that you're level of comfort between the two of you is increasing at this point. All too often sex becomes a "routine" for couples and the communication regarding sex falls off a cliff.

It's unbelievable how enhanced your sex life can become just because you start to TALK about sex with your partner.

You should be letting her know how important it is to you to be able to pleasure her sexually and how you want her to let you know what “works” for her.

And you should be **displaying confidence in the bedroom** as well! Remember how important it is to a woman to be with a confident man – be this for her!

Even if you aren’t fully confident in your abilities, act like you are!

In this exercise, you are going to cycle through the stages again, but this time you will be inside of her.

I recommend being on top the first time you run through this as you are then the one in control and can stop when you need to.

Later you can have her on top, however you must be able to clearly communicate to her when to stop or slow down.

Before you go inside of her, spend some time with foreplay. This lets you turn on your woman more and fully experience the earlier stages of arousal.

When you do go inside of her, don’t just start thrusting at full force – go slow at first and gradually start to go faster.

Just like in the other exercises, when you reach stage 7, stop and allow yourself to go down to stage 5.

Then build back to stage 7 again before you stop again. When you are in “stop” mode, kiss your girlfriend or even feel free to pull out and pleasure her orally. Do this cycle two times.

When you start going again, work up to stage 8 again and then stop and go down to stage 6. Do this cycle twice.

Next, work your way up to the later part of stage 8 – the moment before you reach that “point of no return”.

Stop and go back down to stage 6. Try to do this cycle four times in total. Then let yourself cum! You deserve it ;)

A couple notes I should point out:

- 1) The first couple of times go ahead and stop completely when you reach the desired stage. You can either stop and stay inside of her, or pull out completely – the choice is yours. After a couple of times, try to stay inside.
- 2) As you progress, you will want to try to slow down instead of stopping completely. This might be tricky and you may very well cum!

However, it's a very important step because it's something you can apply to sex in the future. Try to just lower the speed of your thrusting and allow yourself back down to the lower stage. At first, you can slow down to a very slow pace, and then gradually test yourself by not slowing down quite as much.

Doing this will not only train your body to be able to last longer, but you will also start to gain HUGE control over your body and being able to know exactly what your limits are.

As I mentioned at the beginning of this guide, a lot of being able to last as long as you want in bed has to do with being able to know exactly when to slow down, the pace you need to adjust to, etc.

And the beauty is that women don't mind if you have to slow down – you don't even have to let them know why you're slowing down!

Just slow down and kiss her neck or lips. Feel free to say “I need to taste you now!” and then go down on her for a bit.

And the change in pace can actually make it easier for a woman to cum later once you start to increase the pace again.

You can also say you want to change positions - this gives you enough time to reduce your stage of arousal.

All of the exercises are designed to allow you to be able to cycle through the stages of arousal without crossing that line.

And as you do this **and** the PC exercises, you will notice that the time it takes to reach stage 8 or 9 is getting longer and longer.

It's a skill that few men have complete control of, but thankfully by putting in the effort and doing these exercises, **YOU WILL BE ONE OF THESE MEN!**

The nice thing about this exercise is that you can mix it up and try out all sorts of new things with your lover!

Try out all sorts of positions.

Have oral sex in the middle of sex.

Experiment any way you want – whatever you do you can still cycle through the stages as described. And this newfound passion for sex will be amazing for you and your lover.

And push yourself each time to see just how far you can go. Just like weight lifting when you increase the amount of weight you lift, with these exercises you should push how far you go before you have to slow down.

Have fun with it!

Ways To Stop Yourself From Cumming

Now I'm going to go over some techniques you can use to stop yourself from having an orgasm. I should point out that it is absolutely essential that you have been regularly practicing your PC exercises otherwise these won't be nearly as effective.

Also, these are effective in certain circumstances; however you don't want to have to solely rely on them. Remember, the ultimate key to your unlimited sexual stamina lies in your ability to recognize the stages of arousal and slow down when you need to.

The PC Squeeze

This technique works differently for different guys, so you'll have to play around with it and see how it works for you.

Some men actually find that it can make them cum quicker, although most guys can use it to delay orgasm and bring themselves back down to a lower state of arousal.

It's fairly simple to do – in fact you've been doing it all along with your PC exercises!

You can try this on your own when you're masturbating, or when you're having sex (either oral or when inside of her).

When you feel yourself in a high state of arousal and you want to go back down a stage or two, simply perform that PC squeeze that you did in the first PC exercise. Flex and hold until you are back down.

You will want to try variations of PC flexes to see what works best for you.

Try using the front PC muscle flex, the back PC muscle flex and also both of them at the same time.

Also, try doing several flexes in a row instead of holding it. You can try quick flexes, a few flexes with a few second hold for each, or one long one. Mix it up to see what works for you.

And the more you train your PC muscles outside the bedroom, the more effective this will be for you.

Try this at first when you're at stage 7 to see how it works. Then try it when you're at stage 8. Play around with it.

The Penis Grasp

I'm not the biggest fan of this technique to be honest, but some men think it's fantastic so it's worth mentioning.

I'm a little biased because as I mentioned before you want to gain complete control of when you orgasm without having to rely on "tricks".

However, this and the other techniques in this section can be used when and if you feel the need. Lots of guys will use primarily in the early stages of this program.

The penis grasp involves you squeezing your cock when you're near the point of orgasm so that your erection subsides a little.

You simply grasp your penis, squeeze on it, and wait for your urge to cum to pass. By squeezing your cock, you are affecting the blood flow that is needed to produce an erection and ejaculation.

You can experiment with squeezing various parts of your penis, however most guys find it most effective to squeeze down near their frenulum. Your frenulum is the area of your penis where the foreskin attaches to the head of the penis. It's typically quite sensitive.

Again, try out squeezing your cock in a bunch of different places to see if one works better than the other for you.

I find this "trick" to be a little impractical – after all you don't want to have to be constantly pulling out and squeezing your cock, but it can be an effective way to last longer as you go through this program.

Testicle Drops

When you orgasm, your testicles are drawn upwards towards your body. This technique involves consciously trying to prevent them from lifting upwards.

Here's what to do:

Build yourself up to a stage 6 or 7, and then grab your scrotum (the ball sack) above your testicles and pull down gently. Hold this until you have dropped a couple of stages.

Do this a few times to get a feel for the sensation.

Then build yourself up to stage 7, gently pull down on your testicles, and continue to stroke yourself. Pay attention to whether it has an effect on your stage of arousal. For many men they will actually drop a stage or two or simply stay at stage 7 without becoming more aroused.

Again, this is a technique that you'll want to experiment with to see if it works for you.

Ultimately, your goal will be to be able to relax your testicles without actually having to grab them.

Remember the testicle lifts you did as part of your PC exercises? That practice should come in handy here.

But instead of lifting your testicles, you will want to try to relax them to the point that they are not drawn upwards.

As you practice this, try it out at various stages of arousal. Start at 6 and work your way up to the later part of stage 8. If you can control your testicles during stage 8, this can be an extremely useful technique.

And it's one that many guys have to practice for a little while until they "get it". So don't give up if it doesn't work right away.

Breath Damn It!

As I've mentioned a couple of times, it's important to be relaxed and free of stress during sex to give your best performance. Breathing exercises are one of the best ways to relax and for many guys, it can work wonders to help delay an orgasm.

There's a couple of variations that you can try, but typically people will use either "triangle" or "box" breathing.

Triangle Breathing works like this:

Take a deep breath in for 5 seconds.

Now hold it in for 5 seconds.

And Finally, Exhale for 5 Seconds.

Easy right!?!?

That's all there is to it, but it forces you to keep control over your breathing and can be extremely effective at calming the nerves.

Square Breathing is the exact same thing except there is one extra step.

First, breathe in for 5 seconds. Hold it for 5. Exhale for 5. And last, wait another 5 seconds before breathing in again.

For either one of these breathing techniques you can vary the length of time for each step. You can breathe in for 3 seconds and see how it works or try a longer amount of time if you prefer.

These are great relaxation techniques for everyday use outside of the bedroom, but they can be effective in the bedroom as well!

You don't have to be doing them the whole way through sex, but try them for 30 – 60 seconds when you feel yourself approaching the later stages of arousal.

Not only will it relax your body which will help to delay the ejaculatory reflex, but because your mind will be focused on your breathing, it should help to bring down your emotional state of arousal as well.

Try this next time you're having sex or masturbating. And you don't have to stop what you're doing for it to work.

Many guys will do this every minute or two as a way to control their level of arousal.

Experiment with different breathing techniques to see what works best for you. Remember, you don't have to be doing a breathing technique all throughout sex, but rather just when you feel yourself creeping up those stages of arousal and you want a way to bring yourself back down a bit.

How To Delay Your Orgasm TONIGHT

If you've just read through this guide for the first time, I hope you're excited about the future! If you follow the steps I outlined, you will gain unlimited sexual stamina and boost your sex life beyond your wildest dreams.

However, the program takes a bit of time. So I decided to include a section that discusses things you can do right away to last longer.

1) Increase the level of foreplay

This one may seem a little obvious, but it's a great way to further pleasure your partner and make the sexual experience last longer.

Spend more time manually stimulating her – play with her clit with your finger and orally.

Stopping sex midway through when you're close to orgasm and then saying "I just have to taste you right now" is a great way to turn her on, delay your orgasm and pleasure her by going down on her.

2) Relax!

One of the keys to a satisfying sex life is the ability to be relaxed when it's happening. Hopefully I've stressed that throughout this guide!

I know many men that think they cum too quick end up being nervous about cumming too fast. This ends up making things worse!

Listen – you need to relax!

You've already taken the first step towards drastically increasing your stamina by picking up this guide. You're going to solve this problem!

So enjoy sex to the fullest from now on!

If you are a little wound up during sex or not relaxed, then practice taking deep breaths during sex. Breathe in for 5 seconds, hold it for 5 seconds, exhale for 5 seconds and then wait 5 seconds before breathing in again. This breathing exercise is called “square breathing” and is an extremely effective way of calming your nerves.

3) Jerking off before sex

If you’ve seen the movie “What about Mary”, then you know that movie made this technique famous!

You’ve likely heard of it before, or even tried it, but it’s worth mentioning because it usually helps a little.

It’s certainly not a long-term solution, but typically it takes you a little longer to cum if you’ve already had an orgasm not too long ago.

4) Have a Drink!

I struggled a little bit in deciding if I should include this in the guide because I don’t want to promote drinking alcohol to anyone who isn’t comfortable with it, but the fact is that having a drink or two can help some men in being able to last longer.

Obviously this isn’t something you want to rely on!

But having a couple of alcoholic beverages before sex may help to slow down the length of time it takes you to go through the stages of arousal.

Just don’t drink too much as that can have a negative impact on your erection!

5) Control Your Thrusts

When you’re on top or taking her from behind, try decreasing how far you pull out your cock before you slide it back in. You want to make each thrust shorter.

In fact, not only will this help to make you last longer, but it can also be more pleasurable for the girl!

Many women find that these short thrusts are more intense because these short thrusts provide more stimulation to their clit. You are also deeper inside of them for a greater time period.

However, it provides less stimulation for you which should allow you to go through the stages of arousal slower.

6) Circular Thrusts

You can also focus on trying to make your thrusts circular as opposed to just the regular “in and out” motion. Most men find that this dampens the sensation a bit and lets them last longer.

Use this in combination with shorter thrusts and you can see quite a difference in how long you last.

7) Switch Positions

If you find yourself close to cumming, you can switch positions so that it gives you some time to “settle down”.

It’s a good tactic to use along with increasing the amount of foreplay you perform during sex.

I’ve received a lot of question about “desensitizing” creams and lotions and whether they are effective.

A desensitizing cream is a cream or spray that you apply to your penis. It basically numbs your cock!

The idea is that you are less sensitive to the sensations you experience during sex which lets you last longer.

In a sense, it makes sex less pleasurable for you!

As a whole, I’m not a fan of these products. First off, why make sex less pleasurable!?!

Second, it kills the ability to be spontaneous. You usually have to apply the cream and then wait at least ten minutes before it kicks in.

Third, it's not a longterm solution! If you follow the program I set out in this guide, you will have a permanent solution that lets you last as long as you want in bed.

With these creams, they actually make it harder to gain stamina as you begin to rely on the cream. Without it, you will likely end up cumming even quicker than before!

As you can tell, I'm not a fan. The last thing you want to do is have to use a numbing agent on your cock each time you have sex. I can't imagine it's safe for long-term use.

Program Wrap-up

Now that you've made it to the end of this book, I think it's important that I summarize what we've gone over.

Here's what you're going to be doing:

- 1) Visualization Exercise – This was the first exercise we went over, but it certainly doesn't make it the least important!

I see too many guys stop visualization before being through this program, and for many it can slow down their progress substantially.

Remember, you need to “reprogram” your mind to understand that you not only have the ability to last long in bed, but that **YOU DO** last long in bed.

You will want to perform a visualization exercise at least twice a week during the program. And don't masturbate when you do it – you want to simply visualize yourself having explosive, long lasting sex without actually physically touching yourself.

You will be visualizing during many of the masturbation exercises, however there's always the chance of you cumming faster than expected when masturbating. By having visualization only “sessions”, you allow yourself to get the most out of the technique.

- 2) PC Exercises – These exercises **MUST** be performed throughout the duration of the program. Even people who are “cured” will typically continue to practice these a few times a week simply because they're so simple to perform.

You will want to be doing these exercises at least 4 times a week, and make sure to vary the ones that you do. Also, vary the length of your flexes and the number of reps that you perform.

Focus on exercises #3 and #4, however also continue to perform the flexing exercises (#1 & 2) from time to time.

Strengthening your PC muscles is going to pay huge dividends for you. Many men report not only a dramatic increase in the ability to delay when they orgasm, but also harder erections and much more explosive orgasms.

- 3) Awareness Exercises – These, just like the others, must be performed for the duration of the program.

Remember that it doesn't matter if you only do them on your own, or also perform the "partner" exercises – just make sure that at minimum you're doing the solo exercises.

And once you are "experienced" with these exercises, focus on the more advanced awareness exercises. You can mix in some of the first exercises, however you're best to spend the majority of your practice with the more advanced ones.

Try to do at least four of these exercises per week.

See how these 3 types of areas all work together?

The visualization exercises train your brain to get used to you lasting long in bed.

The PC exercises strengthen and train the muscles that are involved in the ejaculatory process. This gives you a greater physical control over your orgasms.

And lastly, the awareness exercises give you a better feeling for how you pass through the stages of arousal and how to control it.

Used in tandem, these 3 sets of exercises are extremely powerful.

And of course, I've given you some "quick-fix" techniques that you can use to delay an orgasm when you feel it coming, and how to make yourself last longer as you're progressing through this program.

As I mentioned earlier, most people find it takes 2 – 8 weeks to achieve the results that they are looking for. And almost everyone will see their stamina gradually increasing as they go through the program.

The important thing is to stick with it!

You've taken the most important step to boosting your sex-life by purchasing this guide, now it's time to put the battleplan into action!

My recommendation is to get started as soon as possible. I see too many guys "put it off" and simply think to themselves that they'll start tomorrow, or next week, or next month.....

But if you simply take action and get going now, you'll start seeing results within weeks, possible even just days.

This isn't a difficult program to complete. The time commitment you have to put forward is minimal and it's easy to fall into a routine where you're completing all of the exercises as directed.

And when you start to see the results, it's even easier to keep going. It's a motivating feeling to feel and see your stamina increasing!

Final Thoughts

One of the most important lessons that men have to get their head around is that sex is much more than just the physical sensations that you feel in your cock.

It's everything – the feelings you get through your whole body and the emotional sensations as well.

And being able to experience sex for everything it is rather than just the feelings you get in your penis will allow you to last longer in bed.

It's a good idea to focus on the woman – watch her and pay attention to what is working for her. Try to distance yourself from just thinking about the fact that your cock feel incredible right now – rather enjoy other aspects of the moment.

This is much easier if you have established open communication about your sex life. Often, when there's no communication, men can't help but just focus on the pleasure they are receiving.

But if you've been talking to your partner about what turns each other on, then there is so much more to focus on! Let's face it – turning on a woman and knowing that you're pleasuring her is not only fun but it also feels amazing. So if you are focused on this based on discussions the two of you have had, then it's much easier to not just focus on “you”.

This shift of focus will do wonders for your sex life – not only because you will last longer but also because you're woman will be much more satisfied.

There's also some evidence that serotonin levels play a role in the ejaculatory process. Serotonin functions as a neurotransmitter – I'm no scientist so I won't try to go into too much detail, but it plays a role in regulated mood and its role in psychology has been studied extensively.

People who are depressed typically will have lower levels of serotonin. Same with people who are anxious or stressed.

There is evidence that lower levels of serotonin can be a cause of premature ejaculation.

This is further reason to make sure that you are relaxed and comfortable during your sexual experiences.

And take the steps in your lifestyle to relieve your stress and worries. Obviously we all have worries or stresses that we need to deal with, but there are always little changes that we can take to better ourselves and combat stress.

One of the biggest recommendations I have to improve your sex life is to exercise regularly. I don't want to sound like I'm preaching to you, but exercising and eating healthy will 100% affect your sex life.

If you aren't exercising regularly already, I guarantee you that you will feel a difference. People who are fit are more likely to have higher levels of serotonin than those who don't, so this can have a direct impact on premature ejaculation.

And obviously the fitter you are, the more likely that you are going to be attractive to the opposite sex.

Beyond that, your confidence will skyrocket! It's amazing to see the change in a guy after just a month or two of regular exercise. And remember, increased confidence will boost your sex life to new levels!

PLEASE give this advice some thought and try it. It's so easy to get into an exercise routine. Whether it's going to the gym and lifting weights, running, playing sports – there's so many options to choose from!

If you're overweight, have a look at the "Fat Loss 4 Idiots" Program. It's an online weight loss program that has worked for a ton of guys. [Click Here](#) to check it out.

Another good choice is "Turbulence Training" – this program is dynamite! Not only will you learn how to lose weight, but it focuses on building muscle. I've seen a number of guys totally transform their body with this program. [Check it out here](#).

Don't just brush off this advice!

As corny as it might sound, I want to congratulate you on taking this step. You're on your way to having full control over when you cum and getting a sex life that most guys can only dream of.

The reason you deserve a congratulations is that most guys don't take this step. They just try to deal with it without ever fixing the problem.

And their relationships suffer because of it.

It's unbelievable how profound of a difference a quality sex life will have on your life.

You aren't one of those guys that simply ignored the problem.

Instead, you're only weeks away from having complete control over your orgasms.

So from this point forward, don't worry about cumming too quick. You've got a battleplan to solving the problem and before you know it you'll have the sexual stamina you've always wanted. So throw away any fears or worries starting now.....

Let me thank you for picking up my program and as always, I would love to hear from you and your success stories.

All the best!

Mike Beckett