



**DO NOT
DISTURB**



HOW TO DO IT

Complete this workout for a minimum of four to six weeks to power up your performance in the bedroom, improve your sexual stamina and most importantly, intensify your big O!

If you're a Pilates devotee, you might recognise some of these moves. 'Concentrate on the first four exercises in the workout for the first two weeks,' says Luke Meessmann, master trainer at TenPilates (tenpilates.com). 'It's important that you correctly isolate and strengthen the pelvic muscles first. Do these exercises twice daily. From weeks three to six, practise just the first four exercises in the morning and pick one of the other exercises to do in the evening.' And enjoy the results!

**Beginner: 60 seconds
or 10 reps each move**

**Intermediate: 90 seconds
or 20 reps each move**

**Advanced: 2 minutes
or 30 reps each move**

The better sex workout

Turn a good night into a *great* night with help from these easy moves

The benefits of working out extend far beyond a hot and healthy bod. Yep, working the right muscles can give you a boost between the sheets, too. But we're not talking about the muscles you can see – the key to revving up your sex life is in your pelvic floor muscles. So, where are they and what do

they do? These tiny but essential muscles run from your pubic bone to the base of your spine and hold your bladder and urethra in place. They're also responsible for those tingling sensations created during sex, and the more you train them, the better they work. That adds up to a bigger and better grand finale for you – it's as simple as that!

THE ORGASM INTENSIFIER

WHAT IT DOES: Activates and strengthens your pelvic floor muscles

Technique

- Lie on your back, with your feet on the floor and your knees bent. Relax and place your fingertips 1 inch in and down from your hip bones.
- To activate your pelvic floor muscles, first try to imagine that you are trying to stop yourself from urinating. You will

start to feel a slight tightening of the muscles against your fingers as you do this.

- Practise switching your muscles on and off. Breathe in as you relax and out as you contract your pelvic floor.

TOP TIP

Use this position to switch on your pelvic floor at different speeds. Try a slower pace, taking 10 seconds to build up to maximum effort, and a fast pace, contracting and releasing the muscles each second



THE STAMINA BOOSTER

WHAT IT DOES: Strengthens your deep abdominal muscles and keeps back pain at bay

Technique

- Lie on your back on a mat, with your feet on the floor and your knees bent. Then activate your pelvic floor muscles.
- Breathe out and slide your

heel away from your body, keeping your pelvic floor contracted.

- Breathe in, return to the start position then repeat the exercise with your other leg.



TOP TIP

Keep your pelvis still and avoid bracing your core. Focus on keeping your upper abdominals relaxed and the area between your hip bones tight



THE PLEASURE EXTENDER

WHAT IT DOES: Strengthens your inner thighs and helps stabilise your pelvis for a longer and tinglier session in the sack

Technique

- Lie on your back on a mat, with your feet resting on the floor and your knees bent.
- Breathe out and fold your legs out to the side.
- Pause as you breathe in and then breathe out slowly as you return to the start position.

TOP TIP

Keep your pelvis still, your upper abs relaxed and the area between your hip bones tight



THE FLEXIBILITY BOOSTER

WHAT IT DOES: Builds strength in your lower back, easing stiffness so you can fully engage

Technique

- Sit on the edge of a chair with your back straight and your feet resting on the floor in front of you.
- Contract your pelvic floor muscles and breathe out as you tilt your pelvis slightly backward, tucking your tail bone under.
- Pause for a second as you breathe in, still holding the contraction in your pelvic floor.
- Return to the start position as you breathe out, then gently relax your pelvic floor muscles.

TOP TIP

Keep your shoulders down and your ribcage in



THE CONFIDENCE LIFTER

WHAT IT DOES: Works your inner thighs and deep abdominal muscles and stabilises your pelvic floor, giving you the confidence to try anything!

Technique

- Lie on your back, with your feet on the floor and a Pilates ring between your bent knees.
- Contract your pelvic floor muscles and squeeze the ring gently as you breathe out.
- As you release the squeeze on the ring, breathe in.
- Alternate between slow and fast squeezes.

TOP TIP

Relax your shoulders and the back of your ribcage. Go for a moderate intensity contraction on each rep

THE ENERGISER

WHAT IT DOES: Works your bottom and core and loosens the spine, allowing you to switch positions with ease

Technique

- Lie on your back with your feet on the floor and knees bent with a Pilates ring around your knees. Tilt your pelvis back, squeeze your pelvic floor and bottom and gradually roll up onto your shoulders. Breathe out as you move.
- Pause as you breathe in, and maintain the contraction of your pelvic floor and bottom.
- As you breathe out, roll back to the start. Go slowly and take extra breaths as needed.

TOP TIP

Don't let your ribs pop up, as you'll over-extend your spine. Keep most of your body weight in your heels to help you squeeze your bottom



TOP TIP
Put a towel under your head to correctly align your neck

THE BOOTY TONER

WHAT IT DOES: Tightens your bottom while stabilising your hips, pelvic floor and core

Technique

- Lie on your side with your knees bent and your arm extended below your head. Keep your hips, knees and feet stacked, leaving a gap between the floor and your waist. Keep your spine straight.
- Contract your pelvic floor and bottom and lift your top knee up, without moving your hip. Breathe out slowly as you lift and breathe in as you lower.
- Repeat the exercise on the other side.





GET THE LOOK

UNDERWEAR: Boux Avenue bra, £24, and briefs, £10, bouxavenue.com

WORKOUT CLOTHING: Under Armour top, £42, underarmour.com; Adidas leggings, £27, adidas.com; Nike LunarEclipse+2 trainers, £95, nikestore.com

KIT: Pilates ring, tenpilates.com; mat, manduka.com

‘YOUR PELVIC FLOOR MUSCLES GIVE YOU THAT TINGLING FEELING DURING SEX, AND THE MORE YOU TRAIN THEM, THE BETTER THEY WORK’

TOP TIP

You should feel your armpits, abs and bottom working. If you lose any of these contractions, stop and reset



THE POWER CHARGER

WHAT IT DOES: Works your entire body as well as your pelvic floor for an endurance boost

Technique

- Kneel on a mat on all fours, keeping your shoulders relaxed, away from your ears, and your ribcage drawn toward your body.
- Extend and hover your right leg a few inches off the floor, tightening your bottom and pelvic floor to do so, then breathe out.
- Pause, then as you breathe in, return your leg to the start position. Repeat with your left leg.

