



The Coregasm Workout: The Revolutionary Method for Better Sex Through Exercise

Debby Herbenick PhD MPH

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The Coregasm Workout is a revolutionary new book that provides natural, safe, and effective techniques for enhancing sex through fitness. Developed by leading sex researcher, educator, and columnist Dr. Debby Herbenick, *The Coregasm Workout* introduces simple, science-backed exercises to make working out more fun and sex lives more satisfying. Debby has developed *The Coregasm Workout* based on her deep background in health science and unprecedented research on exercise-induced arousal in order to bring fitness and sexuality closer together. Her fact-based methods are specifically designed to improve orgasm and have been tested, refined, and proven by real women, for women.

The Coregasm Workout will help improve your sex life—and help you enjoy exercising more often—through four C.O.R.E. principles:

Challenge yourself through cardio, reps, and resistance

Order matters: it's not just the kind of exercises you do, but the order in which you do them

Relax and receive: be open to the experience of coregasm

Engage your lower abs, muscles often strongly linked to coregasm

Fun, fascinating, and useful, *The Coregasm Workout* offers new exercise techniques for women who want to stay sexy, healthy, and fit, and enjoy the benefits of the gym in the bedroom.

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