

Men's Fitness®

JOE WEIDER'S



27 PAGES OF TACTICS

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You may have thought your sexual pleasure was the one thing that couldn't get any better. Think again. By J.L. Sullivan

Improve Your Orgasm

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Woody Allen once said about orgasms,



contractions for 10 seconds, three to five times a day. The longer you do this, the firmer your contractions will become. After a while, you may find you're having stronger

Heighten your sexual sensitivity, and you'll both benefit.

Use a pleasure-boosting condom.

Isn't technology great? Scientists have been working day and night to improve rubbers, and they've done a pretty good job. The Pleasure Plus, the InSpiral, Trojan's Ultra Pleasure and Durex's Intense Sensation all have pleasure-enhancing designs, some of which feature baggy tips to rub you the right way. You can also find a wider variety of sizes than ever before, ensuring a snug but not-too-tight fit. *Don't* try to increase your pleasure by doing without the condom, unless you find sexually transmitted diseases and unwanted pregnancies equally pleasurable.

Change your bike seat. In 1996, *MEN'S FITNESS* was the first magazine to inform you of the problems bicycle riding could pose to your sex life. As a result of a hard seat pressuring the perineum—that area between your behind and your genitals—guys were finding that

reduced blood flow and possibly even nerve damage were sapping their genital sensitivity. Some urologists even believe this could raise your risk of impotence.

With the advent of new seats, there's no reason to endanger your nads. Equip your bike with a male-friendly saddle, one that is well-cushioned and has a groove down the middle to relieve pressure. (Several manufacturers now make high-performance seats with these features.) Be sure the saddle is level and at the right height; you should be able to pedal at the downstroke with your leg extended, but without locking your knee. Make a point of standing on your bicycle for regular intervals to take the pressure off. And above all, don't fall onto the top bar, especially when mountain biking—this can permanently damage those precious nerves and arteries.

If you're taking these precautions

and still feel numbness, consider shortening your rides or switching to a recumbent bicycle, which puts little pressure on the perineum.

Focus on other areas. "Sensitivity in general goes down as you get older," says Texas urologist Kenneth Goldberg, M.D. "If you recognize this, you can attempt to use alternative areas of the body to produce arousal and stimulation."

But why wait? Younger guys tend to focus on the joystick without giving adequate attention to the sensory-input panels that exist all over their bodies. Your bedmate will probably be all too happy to help you figure out where your own best erogenous zones are—especially if you do the same for her. □

Southern California writer **J.L. Sullivan** has never been to a place called Le Smut Shoppe.

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