



# 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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