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The Coregasm Workout The Revolutionary

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.

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The Coregasm Workout by Herbenick, Debby (ebook)

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The most common exercises to experience “coregasm” are the ones that work the core, such as crunches, situps or hanging leg raises. (Staticnak1983 via Getty Images) What the heck is a “coregasm?”...

Sexual self-care with 'Coregasms,' exercised-induced ...

Debby Herbenick is the author of The Coregasm Workout. “We never found anybody that said (in a study), ‘Oh, this happens on the fifth crunch,’ it was always 100 crunches,” said Herbenick. “Or it...

Exercise-induced orgasms: why the elusive ‘coregasm’ is a ...

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The crazy thing is coregasms don't have to involve any thoughts about sex or friction on your genitals. They often seem to result solely from working your abdominal muscles, says Herbenick, author...

5 Exercises That Can Cause a Spontaneous Orgasm

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'Coregasms' are one way to practice sexual self-care during the COVID-19 pandemic What the heck is a "coregasm?" Well, it's when you have an orgasm while working out, also known as an exercise-induced orgasm. Does that all of a sudden make you want to go for a run?

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