

Kama Sutra Workout

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Heart rate and flexibility ratings allow you to choose positions based on your level of fitness, then build your strength for more challenging positions. Whether you're in the mood for a high-intensity quickie or a lovemaking marathon, Kama Sutra Workout will help to get you physically fit and sexually satisfied.

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The first book to combine Kama Sutra positions with fitness workouts, including 350 illustrated sensual sexercises. Enhance your fitness while reaching new heights of sexual bliss with exciting sex positions designed to work and tone key muscle groups for both partners.

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Description: The first book to combine Kama Sutra positions with fitness workouts, including 350 illustrated sensual sexercises. Enhance your fitness while reaching new heights of sexual bliss with exciting sex positions designed to work and tone key muscle groups for both partners.

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In Kama Sutra Workout each sexercise is clearly illustrated, and includes stats and tips to help maximize your workout. Heart rate and flexibility ratings allow you to choose positions based on your level of fitness, then build your strength for more challenging positions.

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Although these Kama Sutra positions won't replace your ab workout, they can definitely help you build up your heart rate and have fun in the bedroom! Who knows, after reading this article, sexercise may soon become your new pastime. Now stop blushing and get your sexercise workout on!

~~SEXERCISE | 7 Mind-Blowing Kama Sutra Positions To Tone ...~~
In Kama Sutra exercises, a user is optimally providing a good strength to almost all parts of body in general and hands in specific. The exercises to increase the muscle of hands are also quite important in improving the process of sex. This exercise is bound to deliver good benefits to a user. This exercise can be carried out by both couples.

~~9 Best Kama Sutra exercises to increase your sexual ...~~
His curiosity of Kuma Sutra inspired yoga tactics helped birth his fitness program for couples. Morgan then injected creative interval training exercises, calisthenics, massage therapy and meditation to build trust and communication.

~~Florida fitness couple's "kama sutra" workout goes viral ...~~
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~~10 Best Kama Sutra Book handpicked for you in 2020 - Best ...~~
Ultimate Guide to Kama Sutra | Kamorii has curated the world's largest online collection of 180+ Kama Sutra Sex Positions. All Digitally Illustrated. Kamorii has choreographed 30+ SEX SEQUENCES, allowing you to seamlessly move your partner from one position to another. Play in our revolutionary SEX POSITION PLAYER.

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