

# Men: 3 Insanely Powerful Sex Exercises



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I've written about sex exercises for men in the past, but not like I'm about to today.

A lot of men have nerves/anxiety around their sexual performance because they aren't sure if they'll be able to have the level of control over their bodies that they hope for. Which makes it so vital to remember the fact that 'Action conquers fear.' If you fear something, gain new skills so that you eradicate the possibility of that thing from happening again.

Am I saying that you'll get an instant, rock-hard erection and make your partner orgasm fourteen times every time you have sex from now on? Of course not. Nothing happens 100% of the time. But if done correctly, the following three exercises will give you a hell of a lot of additional confidence in your

bedroom abilities.

**[Related Article: Men: Know the 4 Stages of Sexual Foreplay & These Tips for Arousing Your Lover](#)**

Integrate the following three sex exercises for men into your weekly routine and I guarantee that you will have more consistent, reliable, and strong erections, you'll have more control over your orgasms, and you'll show up for your partner emotionally/energetically in the way that [she needs you to](#).

Without further ado, here are three powerful sex exercises for men (one for lasting power, one for penis strength, and one for mental and emotional presence).

## **1. Box breathing**

This is an exercise I have never written about before in any of my posts.

When men are nervous about their sexual performance, they tend to tense up their bodies and their breathing becomes more shallow. When your body physiologically goes into this state, your body starts to unconsciously go into a mild fight or flight arousal state. It's like a signal to your body that there is some impending danger and so you should ejaculate as quickly as possible to get it over with. To re-cap, if you want to ejaculate quickly, tense up your body and make your breathing quick and shallow.

If you are one of the millions of men who want to [last longer](#), you need to be doing the opposite. Enter... box breathing!

Box breathing (sometimes referred to as 4 square breathing) is a mind and body hack that allows you to calm yourself down in an instant (whether you're an anxious flyer, about to give a major presentation or want to last longer in bed).

The technique is simple... breathe in for a slow count of four

seconds, suspend (aka hold in a non-clenched way) your breath for four seconds, release your breath for a slow count of four seconds, and then suspend your breath for four seconds again. That's it. Four, four, four, four. Nice and easy!

If you try it out right now you can even feel your heart rate slowing down as you're doing it. Pretty magical isn't it?

So try out this technique (don't give it 100% of your attention, but be mindful of it) during foreplay and during your sexual play and see what it does to your sexual abilities. It might just be the highest leverage thing you can do to experience more pleasure, be more emotionally present with your partner, and have more powerful orgasms.

*[Related article: Mystery Solved: 25 Things a Woman Really Wants from Her Man](#)*

## 2. Kegels and Power Kegels

I've written about these in the past [here](#), and [here](#), but they're always worth a reminder. In fact, feel free to do a couple of pulses and holds while you're reading this section. Or if you've been reading my stuff for months/years, then feel free to skip this section and go straight to exercise #3 (which is a doozie).

The majority of our below the belt sexual power comes from our PC muscle (aka pubococcygeus). If you want to start building up a six pack in your pants and you're new to my site, you'll want to check out this article on [sexually strengthening exercises](#), and this one on [how to strengthen your penis for better sex](#).

Long story short, the PC muscle is the hammock-like a muscle that strings itself from your tail bone to your pubic bone... and it's the thing that you can feel when you clench the muscle that stops the flow of urine from coming off your penis mid-pee.

Start your first few weeks of training by doing 2-3 days per week of doing 10 rounds of 2-second holds, followed by 20 quick pulses... and doing three sets of both of those, with days off in between to rest and rebuild the muscle tissue.

Then, after a couple of weeks of this re-sensitization training, you can start to masturbate to arousal and drape (there are three stages of resistance training to this) dry hand towels, then wet hand towels, and then small dry beach towels over your erection and doing weighted power Kegels (pulses and holds).

As I said, there's even more detail in this article, so if you haven't read about these from me before, you can [check it out here](#) (or just go straight to [the best stuff](#)).

### **3. The 'Own The Room' Technique**

This one will seem slightly woo-woo for you less spiritually inclined folk but stick with me here. This one is some seriously next-level Yoda stuff.

**[READ THE REST OF THE ARTICLE...](#)**