



Fit for Love: Hip and Core Exercises for Strength and Flexibility, Intimate Massages to Prepare Your Lover for Pleasure, and Over 20 Positions for Passionate, Sensual Sex

Billy Sunday Mars

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How to get your body ready for passion . . . and get your partner in the mood

Books about sex and orgasms date back to the Kama Sutra. But there's more to great sex than simply "getting in position." *Fit for Love* is the antidote to humdrum sex—your complete guide to:

- exercising like a lover (not a fighter)
- warming up for amazing sex with stretches and massages
- finding your own and your partner's pleasure points
- revitalizing the age-old positions by *moving together* for maximum pleasure

Fitness trainer and romance expert Billy Sunday Mars fuses aerobics, ancient lore, modern science, and spirituality to make *Fit for Love* a one-of-a-kind manual. His stretches and exercises—from the Kung-Fu Floor Kick (for glutes) to the Bad Kitty Cat Roll (for triceps, and attitude)—will help you shed your extra pounds *and* your inhibitions. And his sex advice—sometimes funny, sometimes profound—will inspire you and your lover to relax, communicate, and experience one another as never before.

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Kimberly Langdon:

This book untitled Fit for Love: Hip and Core Exercises for Strength and Flexibility, Intimate Massages to Prepare Your Lover for Pleasure, and Over 20 Positions for Passionate, Sensual Sex to be one of several books that will best seller in this year, honestly, that is because when you read this book you can get a lot of benefit onto it. You will easily to buy this book in the book retail outlet or you can order it through online. The publisher in this book sells the e-book too. It makes you easier to read this book, since you can read this book in your Smartphone. So there is no reason to you personally to past this publication from your list.

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