



Excerpted from Succulent SexCraft, by Sheri Winston with Carl Frankel

The Pleasure Pulse and Pelvic Floor Pumps

Play & Practice: Solo Play: The Pleasure Pulse

To tone and train your pelvic pleasure muscles, simply tighten and release them. Start slowly and then go faster until you're going as fast as possible. When your pelvic floor muscles feel tired, take a short break, then repeat. Do a few short Pleasure Pulse sessions daily over a week or so and soon, you'll be able to go so fast it'll feel like you're fluttering them.

During orgasm, your pelvic floor muscles naturally go into a pattern of rapid highly pleasurable contractions. The Pleasure Pulse exercise builds muscle stamina so you can have longer, stronger orgasms. Not only that, but if you consciously flutter your PFMs while you're coming, you'll enhance the intensity and duration of your orgasm. Keep pulsing and you can keep coming! Think of it as sex muscle 'booty camp'!

Play & Practice: Solo Play: Pelvic Floor Pumps

Here's the basic pelvic floor pump. Tighten the whole group of muscles by pulling them up, as if your bottom is an elevator going up while simultaneously squeezing them together like a drawstring. Then let the whole group relax down and release open. Repeat, repeat, repeat!

Suggestions:

- Squeeze and release in a steady rhythm for a minute or two, then work your way up to going longer. See how many reps you can do comfortably. Try to do twenty to thirty squeezes, three times a day.
- Experiment with different speeds. Try practices where you see how slowly you can go from relaxed to tight and how slowly you can release. See how fast you can go.
- Try playing with patterns, like three super-slow squeezes followed by ten super-fast ones.
- Put on your favorite dance music and pulse your 'basement' muscles to the beat.

As with other practices, experiment with PF pumps when not aroused and at various stages in your erotic journey. PF pumps are especially useful if you want to bring more energy and attention to your genitals and ramp up your arousal level.

Let pleasure be your main guide and motivator.