

Can You Exercise Your Way to Better Sex?

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If you've never looked up coregasm on urbandictionary.com, let's get that out of the way first: It's an orgasm experienced during a workout. There have been plenty of surveys, reports, and Reddit streams claiming that it's really a thing. (Ok, I made that last thing up. I'm way too scared to find out if Reddit has anything devoted to this topic.) And now, of course, there's a book called, you guessed it, *Coregasm* (Seal Press), full of tips on how to improve your exercise life through orgasm and your sex life through exercise. In the name of science, I volunteered my willing partner and myself to investigate this phenomenon.

My boyfriend followed **trainer Franci Cohen's tips for sexercise. His routine involved pushups, crunches, and deadlifts.** My coregasm workout incorporated some running, more pushups—which my cohabitant noted were not in the correct form, but that's beside the point—and leg lifts. No orgasms yet, but we're both feeling marginally better about our abs and biceps. We showered, snacked, and then proceeded to step two.

About this, all you need to know is... success! Though if I'm really be honest, it wasn't our all-time best effort. The fact that I was taking mental notes the whole time as if I was documenting a chemistry lab probably didn't help. The next day's trial run, however, was impressive on all counts. And subsequent testing confirmed: When my overall workout frequency is high (3 times per week) versus low (0 times per week), I'm much more likely to experience those rattling, booming fireworks compared to the ones that just pop or fizzle. The most basic physiological reason for that is because improved fitness leads to better blood circulation. (Hopefully you don't need me to explain why that's good for sex.)

Bottom line: The insane amount of money I spend every month on a gym membership isn't enough to get me to exercise. The generous coverage provided by winter sweaters and puffy coats certainly doesn't encourage me to get my heart rate up. But if the fate of my sex life depends on it, I guess I could squeeze in a couple of workouts every week.