

3 STEPS STAMINA

BY AARON WILCOXXX



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**The Adult Movie Star's Guide To Raging Hard-Ons
And World-Class Stamina In 3 Easy Steps**

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STAMINA

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Introduction

I'm very happy that you've decided to invest in this program.

You've discovered a guide like no other. You're about to learn how to maximize your sexual stamina and vitality so that you can have the sex life of your dreams.

My name is Aaron Wilcoxxx. And I'm a porn star. I've been in hundreds of adult movies and given intense intercourse orgasms to hundreds of women. If you've watched a lot of porn you've probably seen a bunch of my movies.

But what you're about to discover is that there are also many secrets to the adult movie industry that you can't pick up by just watching the movies.

And that is the specific techniques, strategies and secrets for achieving raging hard-ons and endless stamina – essentially what every man needs in order to fully enjoy sex.

And of course, I'm going to teach you how to achieve this regardless of your age.

So don't worry if you're in your 40s, 50s, 60s or older. I'm going to show you how to elevate your sexual vitality and health so that it feels like you're a teenager once again.

And if you're a younger guy reading – I'm going to help you maximize your vitality and do much more. This is because I'm also going to share my secrets on how to overcome premature ejaculation and voluntarily delay your orgasms. Finishing too quickly is a common problem and fortunately, I've discovered a proven solution.

Essentially, what you're going to learn is how to achieve complete control of your penis at any age, while optimizing your sexual vitality so that you can experience sexual pleasure to your heart's content. As an added bonus, the woman or women in your life will also benefit from the changes you'll make because if your performance improves, so will their satisfaction, not to mention yours.

In the end, everyone is incredibly satisfied and happy. This is what matters most.

If you've had your share of shortcomings in the bedroom, it's time to put it behind you. It's all about to change. In fact, I'm so optimistic that you'll see great results that I can promise you I might very well be able to change your life forever.

I just ask that you bear with me while I share what I've learned from my extensive career in the adult film industry. Many of the techniques and principles you'll learn may be completely new to you, so I encourage you to proceed with an open mind.

In addition, I'll make sure to debunk myths you may or may not be familiar with. For instance, there are many "solutions" to erectile dysfunction that serve as temporary fixes at *best*. And in some cases, there can be severe repercussions to trying to fix the problem in a physical and forced way.

I promise that I'll only teach you safe methods and I'll make sure to emphasize safety in any area where you should be particularly careful.

With that said, while a large chunk of the advice I'll give you will be practical, there will also be some theory. This is because I believe understanding why a technique works will make you better able to execute it.

So for best results I encourage you to read through everything and make use of everything.

Moreover, *3 Step Stamina* features three key steps to powerful erections and also, three key steps to achieve the performance and vitality of a porn star.

Everything you're going to learn in these pages is structured to help you improve your sex life – whether you're a single man or in a relationship. And while certain types of artificial assistance may be beneficial, everything you'll learn is based on what you could do naturally. And that's what we're going to focus on here.

Remember, you're going to learn the secrets of a porn star that has shot hundreds of films. I've been through it all – fatigue, poor performances, and even extreme levels of anxiety. I feel like I've experienced everything: the good, and especially the bad.

The problems and shortcomings you've dealt with are likely things that I've also encountered. They were problems that I had to overcome... My career depended on it – I had no other choice.

If I can relieve some of your stress and anxiety, while improving your sexual performance, I'll consider it a job well done. You deserve the very best, because no man should go through the agony that comes along with weak erections, or the shame of premature ejaculation.

I know that you're ready to end erectile dysfunction or premature ejaculation, or just generally improve in these areas. I know that you'd love to become incredible in bed – or even better than you are now.

So without further ado, let's get started.

How You Can Become a Sex God

When I say that it's possible for you to become a sex god, I'm not just trying to get your hopes up or give you some false motivation.

I say this because I mean it. Being incredibly skilled at sex is not something you're born with. Being a sex god, so to speak, is more or less a learned skill – and is clearly one that makes sex more enjoyable for you and your partners.

You may be wondering how *3 Step Stamina* and the idea of being a sex god tie together. It's important to introduce this concept because once you achieve full control of your penis, improve your sexual stamina, enhance your sexual performance, and change your mindset (so that it's based on how real porn stars think and behave), you'll have all the tools you need to maximize your sexual capabilities.

What you'll learn in this guide are the fundamentals to help you overcome any issues you've had while also working on the areas you may have lacked. Essentially, you'll be addressing your weaknesses while maximizing your strengths, and establishing new proficiencies.

We have a lot to cover before we get to the core of the *3 Step Stamina* program. Not only is it important for you to work on the 3 steps to improve your sex life, but there are also several things you must understand beforehand. It all functions to help you become better at sex, because you're going to find out how ANY man can use the following information to succeed.

You may feel as if there are things holding you back, or that in your case it's more difficult because of some particular reason. Allow me to address these concerns first, because it's crucial that you understand how all men have the ability to improve significantly and make the most of what *3 Step Stamina* has to offer.

Why ANY Man Can Be a Sex God

You may still doubt this fact, and that's okay. You likely have your reasons to question what I'm saying. But I'm going to reveal the reasons why you can become incredible at sex, regardless of your starting point.

Firstly, I had to learn it all myself. And if I'm capable of giving women intense orgasms and lasting a *long* time in bed, you are too. Especially after you're done with this guide.

Know that sex isn't just about performance, or what you do with what you've got. It's also about capabilities. Notably, if you're actually able to perform.

Sexual capabilities refer to your ability to get a rock-hard erection that can be sustained, with some emphasis on sexual stamina. In other words: can you actually perform at your peak ability, and can you last a decent amount of time to begin with?

These are by far the most important points when it comes to sexual ability. Once you have the basics in place, you can focus on maximizing your performance. In a nutshell, these are the ingredients necessary for learning how to perform like a sex god.

The problem is that many guys either doubt their capabilities or struggle to make the most of it, and you may be included. But it's not your fault. You may be dealing with some issues that have been holding you back. And some of them may still be unknown to you.

For instance: you may currently have low testosterone. This is not necessarily a genetic problem as many seem to believe. It's more likely an environmental issue – perhaps your diet has been off, or your lifestyle hasn't been conducive to a healthy amount of testosterone.

When men are overweight *and* physically inactive, their testosterone levels plummet. High levels of body fat create the ideal environment for oestrogen to thrive, which is emasculating on a physical and physiological level. And physical activity is crucial to ensure that your body is in good shape – literally and biologically.

What this means is that if you're inactive and overweight, your testosterone levels are almost guaranteed to be suboptimal. Which means that your sex drive will suffer and your erections will be weaker than they could be. Your stamina is likely to lack as well, since cardiovascular fitness does play a role in maintaining your sexual endurance.

On that note, another issue that's likely to be playing a role if you're experiencing weak erections is in regards to poor circulation. A weak cardiovascular system – a result of a sedentary lifestyle – is going to impair your body's efficiency at circulating blood. And when it comes time for crucial sexual functions, your member may let you down despite your high level of arousal.

Fortunately, all of these factors that hold many men back from maximizing control in bed are controllable. Which means that if they're affecting you, you have the ability to put a stop to it. The best way to do this would be to improve your lifestyle in multiple ways, so that you can receive multiple benefits that go beyond your sexual health.

For instance: when you start eating like a porn star, you'll optimize your testosterone levels, giving you a sex drive that's similar to a teenager's, regardless of your age. And you'll also notice immediate improvements to other areas of your life as well. Just take a look at this list, which examines 5 little-known benefits of testosterone ([source](#)):

- Reduced facial fat (leading to a more chiselled appearance)
- Improved mood (often leading to improved quality of life)
- Increased metabolic rate
- Increased attractiveness to women
- Improved circulation (hence the improved erections)

Testosterone is a crucial hormone for men. For the above purposes along with other reasons, it's in your best interest to increase your testosterone as much as you can and I'll be sharing more on exactly how to do this later in the guide.

Know that any man has the power to become a sex god. But it does require certain needs to be met, which I'll discuss through the 3 steps shortly. Before I do however, allow me to go over the reasons why traditional solutions for stamina and performance issues do not work.

Why Traditional Solutions Do NOT Work

I'll admit that it would be nice and incredibly convenient if you could take a "magic pill" that solves all of your problems and makes everything better. When it comes to sex, it would be great if there were a pill that corrected all of your shortcomings and ensured you could perform at 100% all the time.

This is what Viagra claims to do for you. It promises to solve the issue that is weak erections and erectile dysfunction while helping you enjoy sex completely unhindered. The problem however is that Viagra is not a magic pill. If it were, it wouldn't have the consequences and side effects that it currently has on so many men.

The following may be news to you. Did you know that Viagra could cause blindness, deafness, and even a host of heart complications? It may not be fair that I'm starting with the most severe and less likely complications of Viagra, but it's better to be safe than sorry. Viagra also has the following side effects, which are more common than the above and obviously worth a mention:

- Headaches and body aches
- Gastrointestinal issues like indigestion and diarrhea
- Dizziness and loss of focus
- Vision changes – from mild to severe
- Flushed skin that could lead to rashes

If even the minor complications of Viagra are a serious concern, how does the chance of being afflicted with one of its severe side effects make you feel? It's rare, but permanent blindness (NAION) in one or both eyes may result from the use of Viagra. Especially if you have any of the following: heart disease, diabetes, high cholesterol, or high blood pressure. And the older you are, the more exposed you are to this condition ([source](#)).

Moving on to another so-called fix: penis pumps. You may or may not be familiar with this form of penis-enhancement that promises to increase your size and the quality of your erections. While these are good aspirations, there's no need to depend on something completely artificial when it's possible to make improvements on your own (through *3 Step Stamina*).

In addition, there are many problems associated with using penis pumps. And this comes from the fact that these vacuum pumps apply too much pressure to the penis that it simply isn't meant to withstand. It goes without saying that it's a highly sensitive organ – so why expose it to extreme artificial stress?

These pumps often cause damage and severe bruising to the penis. Perhaps if guidelines were followed more closely, injuries wouldn't occur so frequently. Many guys get carried away because there's an immediate effect to using these pumps – the penis appears larger right away, as soon as the pumping session is finished. So it's typical to strive for longer sessions that end up inflicting intense stress to the penis, resulting in a host of undesirable consequences.

Here are some of the problems associated with pumping ([source](#)):

- Bruises, blisters, and a build up of lymphatic fluid
- Discolouration (which is a sign of potential nerve damage)
- Weak erection quality (less frequent and softer erections)
- Blood vessel damage
- Penile fractures

Even with safe vacuum pumping, you're not guaranteed to avoid the above. Could you imagine what it would be like to experience weaker erections, as a result of trying to improve them? Or worse; to lose the ability to get an erection at all? There are natural solutions for erectile dysfunction as we'll explore later, so it's unwise to rely on artificial fixes that may exacerbate the problem instead of solving it.

With that said, if you'd like to explore pumping for yourself, I can't stop you. But I can discourage you from doing so, because I believe that it isn't

effective and that it's dangerous. Besides, a lot of the supposed benefits of vacuum pumping are temporary and NOT permanent. What a tragedy it would be to damage your penis to the point that you need surgery, just because you're consistently chasing the high that comes from seeing temporary gains. It's a fact that they rarely – if ever – equate to long-term changes ([source](#)).

Your goal to enhance your sexual vitality, and improve your stamina and performance is a healthy one. So I urge you not to jeopardize it by pursuing traditional methods that don't work in the long run and often have serious consequences.

Don't even get me started on pills and over-the-counter hormone enhancers. I don't blame you if you've considered or tried them before (admittedly, I have). But if you hadn't yet guessed it, you're usually being scammed. And many times you're putting substances into your body that are unregulated, which may cause permanent harm. A lot of these products focus on providing a combination of placebo and temporary benefits that are impossible to sustain, and ultimately not conducive to improved sexual vitality.

Instead of focusing on extraneous supplements, allow me to discuss why testosterone therapy is NOT the solution you're looking for.

Why You Should Avoid Testosterone Therapy

I mentioned before the reasons why testosterone is incredibly important to men. Without adequate levels, your erections will suffer, among many other important things. This is why a portion of this guide will focus on helping you optimize your testosterone through *3 Step Stamina*, so that your erections are strong, your penis is healthy, and your performance can be at its best.

Yet another traditional solution that doesn't work in the long run is testosterone replacement therapy (also known as TRT). While there are some merits to TRT, you have to understand what it involves. Typically TRT is recommended to men that have abnormally low levels of testosterone. It's commonly injected after receiving a doctor's prescription and it helps one bring their levels back to a normal range.

Like I said, TRT *does* have its benefits. These benefits are more pronounced in men that started off with a very low level of testosterone to begin with. Most men report a significant improvement in their sex drive, erection quality, and energy level. Moods also receive a boost as well. TRT can also help men pack on more muscle mass through weight training. But again, the benefits are more noticeable when there was a testosterone deficiency in the first place.

Unfortunately, TRT has a host of downsides and complications that instantly void its chances at being a feasible long-term solution. For example, there is evidence suggesting an increased risk of heart attack or stroke with testosterone therapy. It can also significantly worsen health conditions you may be unknowingly vulnerable to *or* those you currently have, such as blood clots, sleep apnea, and prostate cancer ([source](#)).

Another problem with TRT is that it only works when you're on it. In other words, its benefits are only yours if you're undergoing therapy. So if you go off it, chances are that you'll be back to normal. Or worse: it could potentially weaken your body's ability to produce natural testosterone because TRT effectively takes over this function. So you could find that your natural production of testosterone is impaired once you quit testosterone therapy.

Essentially, TRT must be sustained in order to derive its full benefits... At the potential cost of severe health complications. Never mind that the risk could be low. In addition, the full long-term benefits and complications of TRT are still unknown – we have not yet done any large clinical trials to formulate a conclusion.

As of this writing (and likely many years to come), there is not enough evidence to support long-term testosterone replacement therapy. It could very well be that the costs far outweigh the benefits.

For these reasons, I do not endorse TRT as a way to improve your sexual vitality. Especially when there are healthier, natural methods available. Yet another reason why I fully advocate the *3 Step Stamina* program is because there are practically no downsides or implications involved. As long as you're careful with certain exercises (discussed in step 1), you'll avoid any sort of harm to your penis or health.

Another reason why not only TRT should be avoided, but also any other form of artificial testosterone supplementation, is because they aim to correct a deficient state of testosterone in the body (particularly the former).

In the majority of cases, your testosterone levels are not in a deficient state. Most likely, you're just failing to optimize it at the moment, *unless* you have a hormonal deficiency. Since I'm not here to give medical advice, I recommend consulting your doctor on this matter.

The vast majority of readers won't have to worry about this, but it's still beneficial to see where your health stands. Talk to your doctor, and ask for a full and thorough blood examination. You'll likely discover other areas you could work on to improve your sexual health.

For instance: if your blood triglyceride levels are high, it's a sign that your cardiovascular system is not in good shape. It could be a sign of atherosclerosis, meaning there are fat deposits along the inner walls of

your blood vessels. This would moderately impair circulation, which would effectively weaken your erection quality.

There's also much to be said about cholesterol and blood vessel diameter, but I'll make sure to explore this further when I discuss step 2 of how to achieve raging hard-ons and endless stamina – how to eat like a porn star, to have the vitality of a porn star.

Now, just before I begin to discuss the all-important 3 steps to rock-hard erections and incredible stamina at any age, let me talk about the underlying physiological processes of an erection.

Understanding Erections

Erections may sound like a simple thing to understand. A man sees something he likes or he feels a familiar excitement, and blood begins to flow to his loins. Erections are something we used to laugh about when we're teenagers. Now, it's a source of proud masculine joy when it comes to intimate moments.

Think about what a woman REALLY sees in an erection. She sees (or feels) her man's excitement, and she may start to feel herself become more aroused because she knows she is his source of excitement. Instinctually,

women crave to please, so your excitement enables her to relax and fully enjoy the moment as well.

Contrast this to the times where despite your arousal, you weren't able to perform. Maybe it was an off day, there was some alcohol involved, or it was a psychological thing. There probably was some frustration. But sex isn't supposed to be perfect every time.

Trust me – it might seem like everything is perfect in the porn industry. After all, this is the illusion it seeks to create. Perfect female bodies with enormous breasts. A waist-to-hip ratio of 0.70 or less. Men that are in the 95th percentile or higher when it comes to genetic size.

And I haven't even mentioned performance... Remember, it's all for film, so there's a lot of editing behind the scenes. What may seem like a perfect 25-minute sexual encounter may just be some excellent editing. And what's made out to be a passionate affair is entirely scripted, which you'll forget sometimes when the acting is relatively decent.

What I'm trying to get to is that sex is never perfect. Even many porn stars occasionally have erection problems. You just never get to see this because for obvious reasons they're not in the final cut.

Now don't get me wrong – that doesn't invalidate all the advice I'm sharing here. I and many porn stars can still get and stay rock hard on command 99.9% of the time and this is the skill I'm sharing with you.

My point is that you must know before I get to the physiology behind erections that you should relieve yourself of the burden that is perfection. In other words, don't expect to have a rock-hard erection or last forever ALL the time. And while your goal to improve is certainly a good one, just know that you can't and won't ever be flawless. You may still come up short sometimes, and that's okay.

My erections are strong and I can almost always last as long as I want – but even I have the occasional off day.

With that said, I'll teach you exactly what I've done to become great in bed. So don't worry, because *3 Step Stamina* will completely change your experiences. And that's because you'll see a significant improvement in your sexual vitality.

But remember to be realistic. I'm going to help you improve your erections so that you can give women intense orgasms and last as long as I do. Just don't put the pressure on yourself of having a perfect performance every single time.

Now, allow me to talk about the physiology of an erection. As soon as we go over this section I'll finally be able to outline and thoroughly explain the three key steps of *3 Step Stamina*.

The Physiology of an Erection

You know what an erection is. You know what arousal feels like. But do you really know what goes on behind the scenes (physiologically speaking) of an erection?

Firstly, know that your erection potential comes down to how much blood your penis can hold. Meaning that if you can improve this, you can improve your erections. If your penis can hold a greater amount of volume for a longer period of time, you're going to have harder erections that last much longer than you may be used to.

You may or may not believe that the penis has muscle tissue inside it. While it's not technically a muscle, it does contain smooth muscle fibres. It's these fibres that play a role in the size, hardness, and shape of your penis, especially during an erection.

You already know that erections occur when the penis fills with blood at a high pressure. But did you know it is the relaxation (and not contraction) of the smooth muscle that causes erections?

Allow me to explain.

When arousal occurs, the smooth muscle in your penis *relaxes* while a greater volume of blood pours in to the corpus cavernosa chambers. When the smooth muscle reaches complete relaxation, it presses against the outer layer that is the tunica, and it restricts blood flow out of the penis by closing the veins.

Here's where erections differ between individuals. Every man has a different penis – not only aesthetically, but also physiologically. Smooth muscle compositions will differ between men, causing some men to have a significant amount of smooth muscle whereas others have less. This is partly the reason why some men have difficulty having strong erections, while others can have endless erections almost on command.

Again, there are many factors that play a role in erection strength. Testosterone, mental state, circulation and fitness – these are all incredibly important components of an erection, which is why the *3 Step Stamina* formula focuses so heavily on them.

But in addition, there are physical elements to an erection that must not be overlooked. This is why I'll discuss a special set of penis exercises in step 1 to help you strengthen and improve the functioning of your penis.

Moreover, **here's a particularly interesting fact that explains why many men experience weaker erections as they age.** It appears that smooth muscle composition in a man's penis *decreases* as he ages ([source](#)).

In the referenced study, Dr. Wespes found that smooth muscle averages in men decreased with age: men under the age of 40 had a mean of 46% smooth muscle in their penis; men between 41 and 60 had 40%; and men over the age of 60 had an average of 35% smooth muscle.

Essentially, the more smooth muscle your penis contains, the harder your erections will be, and the easier it will be to get them. Consider the mental aspect as well – if you're confident in your ability to get an erection, you'll never sweat it. But if you struggle often to have a quality hard-on, the psychological will intervene, adding further tension to the problem.

Does this mean you're screwed as you get older?

Absolutely not. Age is no excuse.

See, fortunately, you're not doomed if your penis happens to have a lower smooth muscle composition. This is because you can train your smooth muscle through penis exercises, to enlarge and strengthen their fibres. In

addition, the PC muscle (and the BC muscle) have a crucial part to play as well. I'll talk more about these details in step 1.

Know that in the porn industry, men often have their own kinks to work out as well. Some of us might have had weaker erections due to having less smooth muscle in our penises. Others might have had smaller penises. On that note, penis size does NOT matter at all when it comes to performance. But as you know, since the standard is set so high for porn and films must embody perfection, regular-sized penises struggle to find their niche.

This is why every male porn star does some type of penis exercise – whether it's to strengthen erections, increase size, or improve endurance. I'll be able to share some of these details with you to help you with your goals.

I'll teach you how I trained the smooth muscle in my penis to get harder and more vascular erections. In addition, the BC muscle exercises are what I consider the key to being able to last for hours on end.

If you hadn't grasped it by now, the *3 Step Stamina* program will help you in multiple areas. If your erections have been held back, it's because one or more of these areas have been lacking. The physical, the nutritional, and the mental have a large influence on erection quality *and* stamina.

My goal is to help you improve the hardness of your erections, and to help you last longer in bed. But I can't do it for you. The best that I can do is give you the tools to succeed and hope that you make the most of them.

To conclude this section on the physiology of an erection, let me finish by going over the key steps to having powerful erections.

Step #1: Your mind reacts to stimulation

Step #2: Chemical messages are sent through the body, provoked by a stimulus or instigated by hormones

Step #3: Blood is pumped into the penis, as smooth muscle expands and relaxes to close off penile veins, storing blood inside the engorged tissue

As you know, sometimes your body may skip over the first step entirely. This is the case when you get spontaneous erections without any sort of provocation. This happens more often in teenagers and young adults, and it can be attributed to the surge of male sex hormones that occurs during this time – especially after puberty.

Now that you're familiar with the essentials, I can finally move on to the 3 steps. Everything I've discussed up to this point however is incredibly important to remember, because the teachings of *3 Step Stamina* require that you understand precisely *why* it's structured as it is.

Without further ado, let's move on to Step #1 – Penis Exercises.

Step #1 – Special Penis Exercises For Training Your Penis To Hold More Blood

This is perhaps the best kept industry secret.

To achieve the raging hard-ons and endless stamina of a porn star, it's not enough to discuss mental techniques, nutrition, or other lifestyle factors that influence the quality of an erection. While these are all important components that I discuss in this guide, it could be argued that the penis exercises themselves are of utmost importance.

Why?

There's no doubt that the psychological element is huge. If you start worrying about being able to keep it up, as you struggle to keep it hard – you're facing horrible odds. You're bound to lose to your own mental war because your erection suffers as soon as anxiety hits.

But if you hadn't struggled to get that erection in the first place, you would have never had to overcome your own self-inflicted psychological hurdles.

This is why penis exercises are so important. These exercises will help you maximize your erections to begin with. You're going to strengthen what's weak, you're going to stimulate parts that are currently dormant, and you're ultimately going to take control of your penis by improving its response and learning what it takes to fully engage it.

I know this because I had to learn how to have full control of my penis. If I did it, I know that you can do it too.

Don't get me wrong. Everything else is also important. You should most definitely implement what you'll learn in steps 2 and 3. But if you're to maximize your sexual vitality, it's not going to happen without making the most of step 1.

With this in mind, it's imperative that you make the following exercises a part of your lifestyle. Practice must be consistent. Without discipline, your results are going to be extremely limited, if you even have any at all. But if you can make these exercises a habit, I assure you that you'll be satisfied with the results you'll get.

I had to do these exercises frequently. I had no other choice. I needed to be in peak physical shape and capable of my best performance at all times. One lapse, and I could have missed out on an important film. If I started to digress, it could have been the end of my career.

The good news for you is that if you dedicate yourself to these exercises, you're going to succeed, just like me. You're going to have harder erections than you've ever had before. It's likely going to surprise you, because you have been coming up short for a long time (no pun intended). But that's okay, because it's all about to change.

In this section I will break up the penis exercises based on two different components: the BC muscle and smooth muscle. The latter I've introduced to you extensively while the former I've only briefly mentioned so far.

The BC muscle receives less attention than the PC muscle, but it's just as if not more important. I'm going to show you how to exercise *both*.

These exercises will primarily be used to improve ejaculation control and increase sexual stamina. But they can also be used to improve erection strength. As it turns out, weak BC and PC muscles can cause a man's erections to suffer, as they play a crucial role in establishing erection quality and other sexual processes. These muscles create the floor of the pelvic

cavity, and therefore act to provide structural support to surrounding organs.

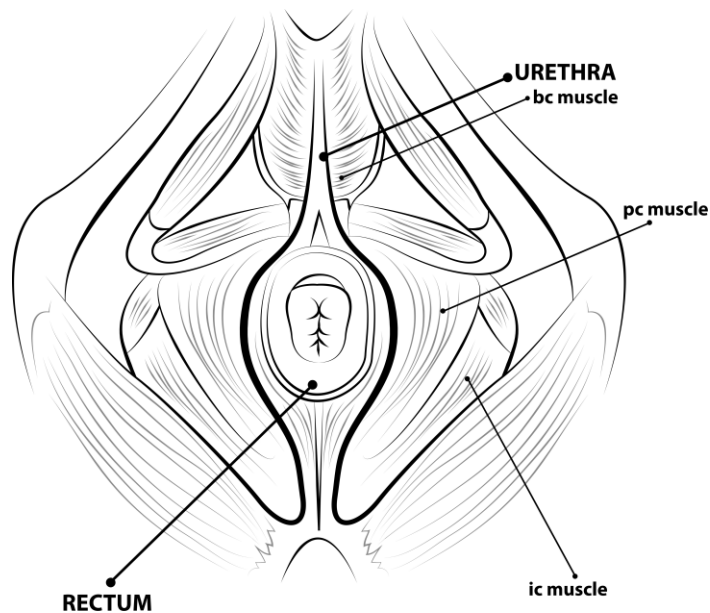
Moving on, allow me to start with the BC muscle exercises.

BC Muscle Exercises

Before I confuse you, here are the three muscles that together create the pelvic cavity:

- The BC muscle (the bulbocavernosus muscle)
- The PC muscle (the pubococcygeus muscle)
- The IC muscle (the iliococcygeus muscle)

Here's an image to help you identify their locations:



Each of these muscles are as important as each other. It's better to think that the group acts together to coordinate sexual functions and maintain structural integrity.

When you begin the BC muscle exercises, it may feel as if you're using one large and untrained muscle. Overtime, you'll get better at distinguishing between them and taking note of the smaller details. But what's most important is that you learn how to train your pelvic floor muscles as a whole – particularly the BC muscle – so that you can improve your sexual stamina and receive an added bonus to your erections.

The reason I highlight the BC muscle more than the others even though they're all important is because it's the one that's most involved in

ejaculation. As such, it's crucial to focus on strengthening it because it will help you get closer to achieving endless sexual stamina.

Here's a brief overview of the different types of muscle exercises you could do. You may be familiar with some of them if you've tried these exercises before, but please pay close attention, because it's the tiny subtle distinctions that make all the difference.

Many men have attempted some sort of penis exercise in the past – but few have been consistent with it for long periods of time. I must once again stress the importance of sticking to these exercises if you want to see results.

So, here are the different types of muscle exercises:

NOTE #1: If you have trouble identifying these muscles, try this: When urinating, stop the flow. The muscles used to stop the flow are pelvic muscles.

NOTE #2: For these exercises perform the contraction while NOT urinating and also NOT while erect. Perform them while flaccid.

Squeezes: when you contract and squeeze your BC muscle and hold it for as long as you can or a certain period of time

Pumps: when you do quick contractions and quick releases; usually you do many of these in a certain period of time

Combination exercises: when you alternate between different exercises in quick succession

Advanced exercises: when you do reverse exercises, or single out individual pelvic floor muscles

The BC muscle exercises you'll do will primarily focus on the first three types. Here we'll stick to basics. There's no need to move onto advanced exercises when the fundamentals will do enough to get you up to speed.

Now when it comes to the routine, know that there's no golden standard for you to follow. I'll give you one that you can rely on that I've personally used, but know that you're free to change it over time. As you get more experience, you'll find what works best for you, so feel free to change it as you see fit (only after you've completed the 4 week program).

Now, you may be thinking "4 weeks, I can't wait that long!", but hold on just a second.

Firstly, it's not uncommon to see incredible improvements before the 4 weeks are up – some even see great results within the first week.

Secondly, I recommend you also start thinking long-term. With long term BC muscle training you have the potential to achieve complete control over your penis. Imagine what your sex life will be like once you achieve *that* level of ability.

Anyway, back to the training.

To start, I'm going to outline the first 4 weeks of the BC muscle exercise program. The exercises will get progressively more intense, but it's okay because your pelvic muscles will adapt overtime. It's through stress that they grow and become stronger; so don't be afraid to test your limits.

With that said, if you ever feel like you need a break, **take a break**. One or two unplanned rest days are not going to ruin your routine, and may in fact help you in the long run. Recovery is extremely important, because it helps you maintain training intensity when you're actively doing the workouts.

Week 1

Week 1 is about getting started and becoming familiar with the exercises. For these contractions, you want to make sure you're only contracting your

pelvic floor muscles. Keep your leg and abdominal muscles relaxed as much as possible.

To squeeze your BC muscle, practice stopping the flow of urine next time you use the restroom. Alternate between soft and hard squeezes. Then, once you get the hang of it, perform the exercises while not urinating.

Before you do these exercises, know that it's better to start them with a completely flaccid penis. It's an advanced technique to do kegels with an erection, so you should leave those for later. Take it easy for the first week or two, and gradually make your exercises more intense from there.

The following exercises will take you around 10-15 minutes. Make sure you're in a private location and that you won't be disturbed. Do the following routine at least 5 times during the first week. Take Sunday off, and an additional day during the week if necessary.

Warm-up Contractions (20 repetitions)

- Contract and hold your PC muscle for 4 seconds, and rest for 5 seconds. Repeat 20 times.

Strong Contractions (5 sets of 30 repetitions)

- Contract your PC muscle as hard as you can, and release.

- Repeat for 5 sets of 30 fast, but firm repetitions.
- Rest for around a minute between each set.

Quick Contractions (4 sets)

- Contract your PC muscle quickly as many times as you can in 20 seconds.
- Rest 20 seconds between sets.

Week 2

Week 2 will be very similar to week 1, besides a few changes. For this week, add another set to the “strong contractions” from the previous week, making it 6 total sets. In addition, do the following at the end of your routine:

Contract and Hold

- Take a 1-minute break after your quick contractions
- Contract and maintain the tension on your PC muscle for a full 30 seconds. Do two sets, with half-minute break in between

Note: generally speaking, you shouldn't ever feel pain with these exercises. But if you do, **stop** immediately. Take a longer break, or consider calling it a day. Your BC muscle will get stronger with time, so don't rush it and possibly risk an injury.

Week 3

Add one more set of “strong contractions.” Increase the “contract and hold” to a full minute.

Week 4

By this point you should see a significant improvement in the hardness of your erections. You’ll also have improved ejaculatory control. Of course there’s still a mental aspect to it, but you should have a stronger ability to delay your orgasm as you’ll now have a stronger BC muscle. You should find it easier to pace and control yourself.

For this week, add one more set of “strong contractions,” and at the end of your routine, practice holding your BC muscle as long as you can. Be sensible of course. But you should now have stronger awareness of how to best stimulate your pelvic muscles, so you can now trust your judgment.

At this time, you can also start experimenting doing kegels with an erection if you haven’t already (please do so with caution and listen to your body when doing this). Start doing some combination kegels, too. For instance: do 20 quick repetitions, followed by a 30-second squeeze, and then 20 more repetitions before taking a break.

These four weeks should be enough time to train your BC muscle to correct any shortcomings it may have caused. If it was weak at first, it will be much stronger after 4 weeks, and the results should be noticeable. But I recommend you don't stop there. As you continue the exercises you'll see even greater results.

In addition, practice doing kegels during sex. Not only would it be a workout, but it goes without saying that it should be fun for you, too.

Smooth Muscle Exercises

Now that I've covered the BC muscle exercises, we can move on to the smooth muscle exercises. These exercises are the ones that gave me the most significant gains when it comes to erection hardness. So of course I'm going to share them with you.

While the BC muscle workout's purpose is primarily to improve penis control and stamina with added benefits to erection quality, the main objective of smooth muscle exercises is to improve your erections. The means of doing so involves strengthening the smooth muscle in your penis and also inducing hypertrophy (an increase in size).

As we mentioned before, every man's penis has a different smooth muscle composition. You may or may not have more than the average. It's not a bad thing to have less smooth muscle, because there's work you can do to increase the smooth muscle volume within your member.

In short, the **more** smooth muscle your penis has, the **harder** your erections will be. Your erections may not be as hard as they could be if you have less smooth muscle for one simple reason – there's a "gap" between the SM and the tunica, which is the outer layer of the penis.

Think of it this way: when blood flows to your penis, a 13" inner tube is being pumped with air inside a 15" tire. You can fill up the inner tube as much as you'd like, but in the end, it will still be 13" in size, regardless of how much air pressure is inside. If the inner tube doesn't press against the outer tire, the tire is going to feel soft and deflated.

If you hadn't guessed it, the inner tube is your smooth muscle, and the tire itself is the tunica. If there's a gap or difference as seen in the example above, your erections will falter.

But what if the inner tube is the same size as the tire? Say you're pumping a 15" inner tube within a 15" tire. The tire will still remain 15" in size, but due to the extreme pressure inside, it's going to be bursting at its seams.

Of course this is the desired result. Imagine that you can expand the inner tissues of your penis so much that it looks as if it's about to burst. As you can probably guess, this is the best way to maximize your erections – as far as smooth muscle is concerned.

One point I must make here is that having less smooth muscle probably isn't the only reason you're not having the erections you want. This is because there are many variables that can cause weak erections, and having less/underdeveloped SM is simply one of them. A weak BC muscle, low testosterone, and an unhealthy diet and lifestyle are other reasons. And of course, there's the mental component as well. I'll talk more about this in the following 2 steps of *3 Step Stamina*.

Now that you understand how important smooth muscle is for rock-hard erections, let me get into the SM exercise routine.

If you've heard of "jelqing" you may recognize some of what I'm about to share. But as I mentioned earlier, don't let the familiarity fool you, it's the subtle distinctions that can make all the difference in experiencing transformational results.

In this process you form an "OK" grip with your thumb and index finger, and "milk" your moderately-hard penis (not fully erect – aim for about 50%-80%) from the base to the head to promote tissue expansion. As the blood

relocates and flows, the stress that causes the expansion forces the inner tissues of your penis to adapt with an increase in size and strength. Of course the physical gains are incredibly minor, but over time they are most definitely noticeable, especially when it comes to the look and feel of your erections.



This is the grip you should use for your smooth muscle exercises.

Let's refer to this exercise as "milking." Here's a brief overview of the milking workout.

Milking for Harder Erections

There are two ways to milk your penis to train your smooth muscle. The first technique is known as wet milking, where you use some form of lubrication (coconut oil or your favorite lube works great). The second is

known as dry milking, where you don't use any lube at all and just do the same exercise on your dry penis.

I personally do wet milking, but it's a matter of comfort.

You should experiment with both techniques to see which one works best for you. If you're circumcised, I recommend wet milking, especially if you have a tight cut (little extra skin to work with). If you're not cut, you may find dry milking more effective, not to mention convenient. Predictably, wet milking can be quite messy.

The workout is the same whether you choose wet or dry milking. But before I give you the routine, here are some pointers that you must keep in mind:

- Do NOT milk at 100% erection; aim for somewhere between 50-80% hardness. You don't have to worry however if the hardest you can get at the moment is only 50-80% of your potential
- If you ever feel pain or extreme discomfort, STOP
- If you ever feel a need to take time off, take time off. Less is more when it comes to milking. If you need an extra rest day, take an extra day off

- Never milk the head of your penis (there's a sensitive cluster of nerves in the glans). Instead stop when you reach the head, let go of your grip, and then re-grip at the base to repeat the process.
- Warm-up your penis beforehand for 10 minutes. You can do this by using a heating pad, a homemade rice sock, or a moist and hot towel

I'd like to remind you again that I'm not giving you medical advice and that you're responsible for your own actions. With that said, if you follow the above guidelines you'll greatly minimize the risk of ever having an injury. If you truly prioritize safety and caution, the chances of you ever getting injured are minimal.

When it comes to the workout itself, milking is extremely simple. All you have to do is form the "OK" grip I've already mentioned, starting at the base of your penis, and slowly apply pressure upwards along the shaft, stopping just before you reach the glans (the head of the penis). One repetition should take 3-4 seconds. As soon as you finish a repetition with your right hand, alternate to your left, and keep switching so that gradual pressure is being applied consistently to the SM within your penis.

In regards to the pressure you apply with your fingers: your grip should be firm, but not *too* firm. Imagine that you're holding an egg with the same fingers while you're moving. You're going to hold onto it hard enough to

guarantee that it doesn't fall out of your hand. But if you squeeze too hard, it's going to crack, or possibly even break.

For the first week, do 100 of these slow repetitions for one milking workout. Do 4 workouts a week on whatever days work best for you, but make sure to get your rest, too. On week 3, make it 125 repetitions for each workout. On week 4 and onwards, do 5 workouts per week.

1 month should be a long enough timeline for you to see very good results. Others have reported great results in much less time. Most importantly if you stick with it, your erections in the bedroom should be noticeably harder and easier to achieve. They should also last longer – the best sign that your smooth muscle is in great shape is when your erection doesn't immediately subside after ejaculation. In fact, when your SM is strong enough and other factors are taken care of (nutritional and mental for instance), *and* your arousal is incredibly high, it's possible to go for two rounds or more with no pause in between.

This is my secret to lasting endlessly in the bedroom. And this is how many porn stars can last for hours on end. A strong penis, a healthy body, and a relaxed mind are the ingredients you need to do this. Fortunately, the tools you need to do as I do can be found here in *3 Step Stamina*.

Just before we begin our discussion of step 2, know that the BC muscle exercises and the SM exercises can be practiced together. It's safe to do both workouts at the same time. If you'd like, do one of them in the morning and the other in the evening. Or back to back. It's your call – as long as you do them, because the results won't produce themselves.

Step 1 can be considered the most important of the three because the penis exercises will work to correct deficiencies or weaknesses you may have had unknowingly. But that's not to say that you should focus on the exercises completely and overlook the following two steps. Ideally you'll combine all 3 equally to get the best results.

Now, allow me to teach you how to eat like a porn star and why it's important to maximize your stamina and erections.

Step #2 – EAT Like a Porn Star

You may be wondering what it means to eat like a porn star. I've alluded to this section before for good reason. Now if you have reservations or are hesitant that diet and what you eat can really have such a large impact on the quality of your erections, I understand. So what I ask is you to bear

with me. Listen with an open mind and try what I have to share and let the results judge for themselves.

Remember, I'm sharing what's worked for me and many other pornstars to experience extraordinary results in bed.

This section will focus on certain foods and dietary ideas that will help you enhance your hormonal profile, by giving your body what it needs and most likely lacks.

I'll be covering superfoods as well as more fundamental misconceptions about food and diet.

For instance: did you know that testosterone is heavily contingent on a dietary supply of fat and cholesterol? Common fads may have you believe that all fats are unhealthy and to be avoided, and that cholesterol is your enemy. These blunt claims could not be further from the truth.

Not only are some fats healthy for you, but they're also essential. And while there is such a thing as bad cholesterol, there is also GOOD cholesterol – which is the type your body needs to synthesize a healthy amount of testosterone.

As I've alluded to before, it's imperative that your testosterone is within a healthy range; otherwise your sexual health will suffer. And the best thing

you can do to increase your testosterone levels naturally is to eat better and improve your lifestyle. But while physical activity and weight training helps, there's nothing more important than eating the right foods.

I could write an entire guide on the subject of eating like a porn star. Believe it or not, it's just as important to have a good diet as it is to practice penis exercises. Just like a professional athlete needs quality fuel to perform at his best, so do we.

Here are some tips for you to optimize your testosterone and improve your sexual vitality through your diet. All of the following has worked marvelously for me, and I have no doubt that it will also work well for you.

- Consume healthy fats. If you're not getting enough fats, your body simply won't be producing enough testosterone. But always be reasonable with your portion sizes, because fat sources tend to be very high in calories. Great choices include bacon, olives, eggs, avocados, and nuts
- Eat more veggies, especially those from the cruciferous family, because they act to lower oestrogen in your body. By lowering your oestrogen levels, you allow testosterone to thrive. Examples include cauliflower, broccoli, cabbage, and kale

- Consume enough protein. Not only is it important to build and maintain muscle tissue (which passively increases your testosterone), but it also serves many crucial functions in the body
- Be careful with sugars. Limit your intake. By being sensible with your sugar intake, you'll optimize your testosterone production because high insulin levels partly inhibit the production of testosterone
- Avoid estrogenic foods that decrease your testosterone while increasing your oestrogen. Typically these include soy and dairy products
- It's highly beneficial to take in a source of magnesium, zinc, and Vitamin D. These vitamins and minerals play a role in the production of testosterone and if you're deficient in them like the majority of men, it's likely that your testosterone levels are suboptimal. Take supplements if you must, and notice an instant boost in your libido and potentially your erections as well

Some diets claim to possess the “magic pill” solution to an individual's problems. I'm not attempting to do the same here. You're not immediately going to improve your erections and sexual stamina just because you start eating olives and taking a zinc supplement before bed daily.

But the sum of small changes amounts to something significant – do ALL of the above, and I guarantee that you're going to see results. It's impossible

not to, because almost all men are deficient in at least one of the above areas.

Zinc for instance is a very crucial mineral that acts to moderate testosterone levels in men. Zinc deficiency is correlated with a significant decrease in testosterone concentration, while zinc supplementation over a period of 6 months is highly correlated with an increase in serum testosterone ([source](#)).

When I run out of zinc and it takes me a few weeks to overcome my complacency to buy it again, there is a noticeable drop in my libido. My spontaneous erections are less frequent and my sex drive is significantly lower. It goes without saying that if zinc is a MUST for a porn star, it's a must for any man who wants a healthy sex life as well.

Just make sure not to overdo it, since you don't want to risk toxicity. As a rule of thumb, 30mg per day is sufficient. Try to get a zinc supplement that has some copper in it too, because it's important to consume a balance of these two minerals.

In addition, there's one more thing I'd like to share with you regarding how to eat like a porn star. It will already do you very well to follow the guidelines I've mentioned so far. But there's one thing we haven't covered...

And that's superfoods.

With what I've shared so far you'll have a strong foundation, but to get the kind of erections that pulsate because they're so hard, you need to take it to the next level.

Now. Personally I've found the best way to get these superfoods in on a regular basis is with a juice formula.

It can be difficult to structure all of your meals entirely around the purpose of improving your sexual health. So while you should apply what you've learned so far, it's beneficial to top it off with a juice recipe that includes superfoods and the other key ingredients that act to boost your erections.

Drink to your sexual health!

So...

The *3 Step Stamina* juice recipe includes a mixture of ingredients with unique benefits and properties. And when blended together, a synergistic effect takes place that bolsters the individual benefits of each ingredient. Together, it all acts to give you throbbing erections as a result of enhanced sexual health and improved erection quality.

This is the juice recipe that I rely on to get the essential nutrients to guarantee that my sexual performance is always at its peak.

I'll break up the recipe into two different components: essential ingredients and optional ingredients. The former are indispensable items that should be

included to maximize the drink's potency. The optional ingredients are as suggested. It's up to you whether to include them or not.

One more note: as far as portion sizes go, what I have listed is a very flexible guideline you can follow. I encourage you to experiment with different variations to find the recipe that suits you best. With that said – don't expect the *3 Step Stamina* juice recipe to taste like a common smoothie! Admittedly, it doesn't taste that great. But that's only because I've chosen to prioritize function over taste. And I didn't want to sacrifice the former in any way.

So, here's the list of ingredients:

Essential Ingredients

- 1 cup of green cabbage *or* kale (chopped)
- 1 cup of broccoli *or* cauliflower (chopped)
- 3-4 Brazil nuts
- ½ banana
- 1-2 tablespoons organic coconut oil
- 1-2 tablespoons raw honey
- 1-2 tablespoons maca powder
- 1-teaspoon ginseng powder
- 1 medium red beet
- 8-12 oz. water

Optional Ingredients

- 1 medium pomegranate (seeds only)
- 1 extra-large egg (don't remove the yolk)
- 1-2 cloves of garlic
- Ice

Add all of the essential ingredients plus any optional ones into a blender and create the most unique drink you'll ever make in your life. Again – don't be surprised if it doesn't taste very good. I personally don't like it. But it helps tremendously with my sex drive and my hard-ons, so I really can't complain.

Moreover, allow me to briefly explain why this drink is so effective. Everything is included for a reason. Firstly, there are the cruciferous vegetables. Then you have Brazil nuts, which are arguably the best-known source of healthy fats. Banana adds substance and flavour, honey adds some sweetness, and coconut oil more healthy fats.

Then come the super foods...

Maca powder, ginseng, and beets are the special ingredients that act together to improve male sex drive, circulation, and overall sexual health.

Beets for instance are known as nature's Viagra, as they are potent vasodilators, acting to expand the diameter of blood vessels and improve circulation. Ginseng powder is supported by various studies, showing that it's effective at boosting testosterone and erections naturally ([source](#)). And

Maca powder is commonly used to improve sexual function in men and women, and is often used as a remedy for erectile dysfunction ([source](#)).

If you'd like, you can drink this recipe daily. I try to consume it at least 2 or 3 times a week to make sure my body is supplied with the nutrients it needs to optimize my sexual health.

Also, if you're trying to lose weight, know that this drink is very caloric. So make sure to cut down on your intake somewhere to allow room for this recipe in your diet.

Finally, I'll point out that most of these ingredients are available at your local store, but some, like Maca and Ginseng, you may have to order from the web. Personally I've found great prices for these from amazon.com.

Now that you're familiar with *3 Step Stamina's* nutritional guidelines and its juice recipe, you know how to eat like a porn star.

All that's left for you now is to learn how to think like one.

Step #3 – THINK Like a Porn Star

You now know the essential penis exercises to boost the hardness of your erections and improve your stamina. You know how to eat and what to

consume to optimize your sexual health and enhance your sexual vitality. Now all that remains is the mental work.

The mental and psychological aspects are instrumental to your sex life. If you falter in this area, you could compromise everything. It's very difficult to battle against an intense amount of anxiety that shuts down your ability to perform. Thankfully, all you need to do is change your mindset, and adjust any limiting beliefs that may be hindering your ability to fully enjoy sex with your partner.

Know that sexual anxiety and the problems that result from it are more common than you probably think. Erection and stamina issues stemming from anxiety happens to the best of us. It's not really an issue most men are willing to talk about freely, so it may seem at times as if you're alone with this problem.

But even I've dealt with it. I know what it's like – as soon as you start questioning your erection, worrying and doubting, and giving yourself mental obstacles – your erection begins to fade.

It's a fact that anxiety is one of the primary factors underlying sexual dysfunction. Particularly anxiety surrounding your performance, along with relationship issues ([source](#)).

It's a negative cycle. You worry about your ability to satisfy your woman (or the women in your life), which gives you anxiety. You feel your erections aren't hard enough. Combine these factors and your erections suffer even

more. Which may lead to issues in your relationship or dealings with women, because these problems predictably result when the sexual element is not being fulfilled. Which causes further anxiety, and hurts performance even more.

This vicious cycle must be put to an end. Another study places anxiety and “cognitive interference” as a main cause of sexual dysfunction ([source](#)). Clearly there’s more than enough evidence to pinpoint the source of the problem.

What I’ve talked about so far in this section may or may not be a serious problem for you. But in any case, I’m going to focus on the solution, which is learning how to think like a porn star. You’re going to learn the mental tricks that have worked for me – that have given me the mindset that I am *enough* and therefore am able to move beyond anxiety.

It’s going to benefit you whether your sexual issues are related to anxiety or not, because the mindset of a porn star is one that breeds sexual success.

Porn stars don’t worry during sex. At least I don’t worry anymore. And it’s not because we’re infallible human beings. It’s because of the meaning we apply to sex and it’s because of what we choose to focus on.

Let me share a quick story...

Do you know how difficult it was for me to perform in my first film? I’ve never felt more nervous in my entire life, and it showed (my penis was not

cooperating). The director pulled me aside, gave me a few minutes to relax, and told me to stop dwelling on the negative. He told me the following:

**

“Listen Aaron, you need to relax. You’re thinking about what could go wrong. And guess what? Your body is reacting to how you’re thinking. So snap out of it – forget negative thoughts and worries – focus on what arouses you.

*Look at her. She’s a smoking hot chick – the type that teenagers fantasize about by day, and have a wet dream over by night. Focus on her body. All the details, man. Her curves, her breasts, her tongue in your mouth. Run your fingers through her long hair. And know that you’ll be inside her, feeling her warm and moist. Have fun, man. Enjoy it. Forget all that other bulls***. It’s not relevant and it’s not helping you.”*

**

This did it for me. It clicked. Especially the part about focusing on her features, and making the most of the moment. After all, what if I never felt a woman’s warmth ever again? I made sure to enjoy it. And even though I didn’t forget that the camera was on me, it helped to know that the way I felt was determined by my thoughts. **I slowed down my thinking by focusing on her body.** I stopped being so logical and I made the decision to give in to the physical sensations I was feeling.

There's a lesson there that you could benefit from. You CAN choose how you feel by changing your thoughts. Sometimes it's easier said than done, but knowing that you can do this is enough to get you started. Persevere through sheer willpower alone.

In addition, if there's one source of anxiety that troubles many men, it's in regards to comparing themselves to other men. And that's when many irrational beliefs come in.

Overcoming Your Irrational Beliefs

Irrational beliefs are exactly what they sound like: completely irrational. But of course when you have these beliefs they don't seem irrational. In fact, most people aren't even aware their beliefs are irrational.

In this section I'll list some common irrational beliefs men have, while giving the logical response to them. If you have any of these beliefs, address them with logic.

Even I have had them before. Let me help you overcome some of your false beliefs.

"I'm not big enough for her."

Is there any evidence to suggest you aren't based on what REAL women have told you personally? Is there any evidence to suggest she needs a bigger penis to be satisfied?

I'll let you in on a secret.

While you're worrying about what she thinks of your size, she's busy worrying about what you think of HER body. She isn't even thinking about your size.

Size is not the determining factor, but worrying about it will affect your performance and that's something that she will notice.

"I'm not capable of giving her the satisfaction she wants."

On what basis are you coming to this conclusion? Here's a hint – a primary factor in her sexual satisfaction is YOUR satisfaction.

After sleeping with hundreds of women, I can confidently say that **a woman's greatest sexual pleasure comes from seeing her man fully engrossed in the moment and joy of making love to her.** Focus on enjoying the moment to the fullest, and I guarantee you'll see her sexual satisfaction soar.

"I can't last as long as I should, and it's killing me."

This one's important to address. How long are you supposed to last, anyways? Forget about what's commonly suggested. As I've come to

understand it, there has never been an ideal amount of time that sex should last. Marathon and short sessions – they’re both great, and it’s good to vary your experiences between them.

Besides, with everything you’ve learned your stamina is going to improve. But never forget that a “quickie” in itself can be extremely exciting.

The point is to not worry about it.

Remember, it’s the worrying that triggers performance issues so relax. Stop obsessing over whether you’re lasting long enough and instead focus on the fundamentals of this guide and soon you’ll be lasting longer naturally anyway.

Now.

Just before I conclude this section, I want you to know that it’s futile to be comparing yourself to other men. Whether it’s related to size, performance, or stamina. There will always be men that are more capable than you.

Instead of having all of these little worries and anxieties tear away at your psyche, focus on the moment and enjoy how attractive the woman you’re with is. And make the most of those sexual moments. It’s cliché, but you do only really live once.

Final Tips to Boost Erections & Stamina

This is the final section of *3 Step Stamina*. I'm glad you've made it this far. While what you've learned may be overwhelming to go over in one sitting, every little detail matters. I encourage you to read over the 3 steps every now and then so that you can internalize the concepts.

In this supplementary section I'll go over a few extra tips that I've used to boost my erections and increase my stamina. Some of these may be familiar to you. Others may come as a surprise. If any of these techniques are familiar to you, it's for good reason. They're generally used in the adult film industry, and I fully recommend each of them.

Firstly, allow me to go over some lifestyle tips before I go into some basic pointers.

Lifestyle Tips

I've already talked enough about the exercises you can use to increase your stamina and give you raging erections. I've given you an outline on how to eat like a porn star, which you'll benefit greatly from. But these actionable steps wouldn't be complete without mentioning some lifestyle changes you could make as well.

It's important that your lifestyle is taken care of. Sleep for instance is incredibly important, to ensure that your body is in peak shape, particularly

in regards to hormone production. But it goes beyond that. You also need to be physically active, if you're to maximize the *3 Step Stamina* formula.

Physical activity has no replacement. It offers countless benefits. It's also crucial for your sexual well-being. For instance: cardio promotes better circulation throughout your body and cleanses the insides of your blood vessels. This obviously makes a difference when it comes to erections, since blood flow is everything.

But it goes even further. Resistance training is important for any man, because it promotes testosterone production. Any man can attest to the difference in sex drive that weight training instigates. Not to mention the added benefit that is having more muscle mass. You don't have to be overly muscular to improve your sex life or relations with women, but adding some muscle and improving your physique will make a difference.

On that note – fat loss is also beneficial. If you're able to lose some of your extra fat, you'll likely find that your erection strength will improve as well. When you lose fat, it's not just from your torso. Your body will gradually melt away the pounds surrounding your entire body and also the fatty deposits that are located within blood vessels in the penis.

In other words, lose fat for harder, longer-lasting erections. When I lost some of my stubborn belly fat, I immediately noticed a difference in the bedroom. My penis looked larger, too, because I had less fat surrounding it. So I encourage you to give fat loss a try.

Lastly, I'd like to once again stress the necessity of practicing the penis exercises you've learned. They're of paramount importance if you're to maximize your erections naturally, and achieve the stamina that you desire.

Additional Pointers

Just before I conclude, here are some additional pointers to help you last longer in bed. I use all of these routinely. Try them out:

- Lick the roof of your mouth when you're close to climax to shift your concentration and reduce your desire to orgasm
- Use the "tap" technique – take your penis out of her vagina and tap it repeatedly on the surface of her clitoris to reduce sensitivity
- Alternate between intercourse and fingering to give your penis a chance to settle down – fingering is also a great technique to keep up the tempo while you take a break
- The same can be said for oral sex
- Choose your positions strategically. Recognize the ones that make you more likely to orgasm quickly, and save them for later. You most likely shouldn't start with doggy-style for instance because it's the position that's most exciting for most men

- In contrast, identify the positions that are less arousing for your penis. Perhaps where the woman is on top and facing away from you, where she dictates the pace. Take a moment to relax and collect yourself. And don't be afraid to tell her to slow down if necessary
- Vary the sexual intensity. Many men only have an "on" or an "off" switch. In other words, they either rapidly thrust, or they don't thrust at all. View it as a range from 1 to 10, with the latter being the highest intensity. Constantly vary the intensity; perhaps you'll start at 3, then moving on to 6, before slowing down to 2, just before finishing at 9

Here's my final tip to you. It's not just about how to improve your erections or stamina, but about how to improve your overall performance. Know that to make sex great for you and for your partner you must commit entirely to the act, and you must enjoy it the best you can. Literally, have sex as if it's the last time you'll EVER be inside a woman. Imagine that you'll go to prison for life the next day. Really – picture it as if it were reality.

In addition, know that a woman's pleasure doesn't primarily come from the angle of penetration, the dimensions of the penis, or the degree that her g-spot is stimulated. Rather, a woman's greatest sexual pleasure comes from seeing that her man is having the **time of his life** as he shares the sexual moment with her. So don't restrict your passion. Be vocal. Breathe heavy. Grunt, and be sensibly physical. Again – imagine that it's your last time. Don't hold anything back.

I'm confident that you now have everything it takes to succeed.

Conclusion

Well, we're here. The conclusion. It's no exaggeration when I say that you now have all the tools to perform like me in the bedroom. You may not be a porn star officially, but you have all the tools to perform like one sexually.

I hope this guide was just what you needed. I have no doubt that you've learned plenty of new concepts and ideas. The techniques I've taught you are not to be underestimated – they're proven to succeed, but only on one condition.

You **MUST** dedicate yourself to this program. There's no other way to guarantee that you'll get results. The only way to succeed is to put in the work and the time. It would be fantastic if you could just read this book from front to cover and have your problems melt away, but it doesn't work like that.

Fortunately however, I think you'll find that it doesn't take as long as you may think to see progress. You might notice a difference immediately, actually. Especially if you took all the principles in step 3 to heart. It really does pay to start thinking like a porn star. Remember – it's **YOUR** choice to change your mindset, just as it is your life to live. Why not commit to what will improve your results?

Give it all a try with an open mind. Don't be surprised if you find yourself addicted to your results, and that you continuously strive to improve even more.

That's what it's all about.

Dedicate to the exercises. EAT like a porn star, and THINK like a porn star. Do all of these things, and you'll be one step closer to being a sex god. Don't let anything or anyone hold you back.

If I managed to do it, so could you.

I want to thank you for reading *3 Step Stamina*, and I wish you the very best. I hope to see you again soon.

Aaron Wilcoxxx

PS – I get a lot of questions from guys about how to make the most out of their new found sexual performance. Check the following page for what I recommend...

Get More Sex Than You Ever Imagined From Your Wife, Girlfriend Or Partner (Even If It's Been Years Since You Last Had Passionate Sex)

Did you know there's a way to bypass a woman's usual objections to sex?

It turns out that with the right words you can "side-step" objections like "I'm too tired", "I'm not in the mood" or "I have headache", and instead communicate directly with the part of her subconscious mind responsible for sexual arousal.

So by choosing certain specific words, phrases and questions, you can trigger a primal sexual desire in a woman – even if it's been years since she last felt that kind of passion.

Curious to discover more?

Just click the image below or follow this link...

www.trustedlinking.com/make-her-beg-you

**Get Your Wife Or
Girlfriend To Beg
YOU For Sex**

Want more sex? Want your woman to beg and lust after you?
Use this special 5 word question to trigger her primal sexual desire...
...Even if it's been years since you last had passionate sex...



Discover How To Trigger Lust Here >>