The Complete PC Workout (How to Make Love all Night)

Matt Gorden's secret for lasting longer in bed: "I was able to go from 3-4 minutes to just under an hour on my first attempt."

The PC (pubococcygeus) muscle workout was created back in 1948, by Dr. Arnold Kegel. That's why this exercise is sometimes referred as Kegel exercise, or simply Kegels.

What you’re about to read is an excerpt from the book “How to Make Love all Night and Drive a Woman Wild”. Written by Dr. Barbara Keesling, in 1994.

Dr. Barbara is a fascinating woman, and one of the interesting things about her is that she actually worked as a professional sex surrogate for 10 years.

Here’s the PC workout, as she described it:

The Complete PC Workout

I’m a big believer in foreplay, but enough is enough. It’s time to get started. In this chapter you are going to learn the first set of simple exercises that will set the stage for taking control of your sexuality the way you have always imagined. Mastering them is the crucial first step on the path to a lifetime of pleasure and power as a multimoragamic male. The following three exercises are the most important exercises in the book. Please take them very seriously. It is important to take your time, follow my instructions carefully, and try to be very thorough.

Unlike many of the exercises that follow, this first set of exercises is most easily accomplished on your own. If you have a partner who is waiting to work with you, let her know you’ll be ready for her soon. You just need to prepare a few things. This should heighten her anticipation and make her all the more enthusiastic when it’s time for her to join in.

So . . . let the games begin. Enjoy yourself! And don’t forget: PC power is ultimate power.

Exercise 1: Hide and Seek

The very first thing you need to do is find your PC muscle. For some men this is very simple—you probably knew where to find it the moment I mentioned it. You may even be squeezing it right now.

But many men are completely unfamiliar with the muscles in this area of the body. All of the individual muscles close to the groin-buttocks,
abdomen, thighs, and PC—may feel the same. They might all feel like one big muscle mass. That needs to change right now. Here is the simplest way to find your PC muscle and isolate it from all the others. Dr. Barbara Keesling

First, gently place one or two fingers right behind your testicles. Pretend that you are urinating. Now try to stop the flow. That muscle you just used to turn off the flow from the bladder is your PC muscle. Did you feel it tightening? Maybe you also noticed that your penis and testicles “jumped” a little when you flexed your PC.

It is very important that your stomach muscles and thigh muscles remain relaxed. Did they get tense too? Try again. This time focus just on the PC. TROUBLESHOOTING TIP: You are not trying to get an erection here, and you do not need an erection to exercise the PC. So relax, and let your penis respond naturally to these exercises.

**Exercise 2: Squeeze Play (three to five minutes a day)**

Now that you’ve found your PC muscle, here is your next exercise: Three times a day, flex the PC twenty times. Hold it for one or two seconds each time, then release. That’s it. Twenty squeezes, three times a day. I know it sounds simple, but words cannot express how important this exercise is.

You do not need to keep your finger on the PC during these exercises. You should be able to feel it move internally. If you don’t, or if you’re not sure, then keep your finger on the PC the first few times you do your exercises.

Breathe normally during this exercise. Like any other muscle-building exercise, proper breathing is always important. You don’t want to hold your breath.

I want you to repeat this exercise three times a day, every day, for three weeks. A consistent exercise regimen is the most effective way to maximize the strengthening of your PC muscle in the shortest amount of time. And it’s worth every moment.

**Road Trip**

I know this sounds like a commercial, but these PC exercises are easy and can be done anywhere—in the car, at the beach, or while sitting at your desk. Many men tell me that half the fun of prepping is being able to do it in broad daylight in front of city hall with no fear of being arrested for indecent exposure! Okay, I’m exaggerating. But men do tell me that prepping the PC is a lot of fun.

Now that you’ve isolated your PC muscle and learned how to squeeze, you might want to take your act on the road. Do you ride the bus to work? A perfect opportunity. Long line at the bank? Why not. Having lunch alone? Not anymore. Of course, you may prefer to keep your exercise regimen safe at home, but you have many options.

**Two PC Pitfalls**

These exercises are not hard, but there are two common mistakes men make when they start these exercises that you need to be aware of before we go any further:

MISTAKE 1: Doing too many reps. I know you’re feeling very enthusiastic right now, but there is such a thing as overdoing it. The PC muscle can get sore like any other muscle. You may have already
discovered this on your own. Go slow at first, as you would when you start any other exercise for the first time, and let the muscle build. You can pour it on later.

MISTAKE 2: Failing to isolate the PC. The PC is a small group of muscles, which need to be isolated from the many larger muscles close by during your exercises. As I said before, it is important that your stomach, upper thighs, and buttocks are all completely relaxed when you are working out the PC. They should not be moving. Dr. Barbara Keesling

Are you having difficulty isolating the PC from other muscles? Many men have this problem when they try these exercises for the first time. Not to worry. If you can’t stop yourself from tensing other muscles during your PC exercises, you simply need to exhaust these muscles first so they don’t interfere with your new exercise regimen.

Let’s say you have a tendency to tense your stomach muscles during your PC workout. What you need to do is tense and untense your stomach muscles at least ten or twenty times before you begin your PC exercises. That should tire them out enough so they don’t get in the way. The same applies for buttock, thigh, and groin muscles. If you have to work these muscles really hard before you get to work on your PC, that’s okay. Do thirty or forty reps if twenty isn’t enough. This may sound like a lot of work, but you’re not going to have to do this for the rest of your life—just for a couple of days.

Once you have really isolated your PC, your muscle “confusion” should dissolve, leaving you free to devote your full attention to working the program. With that in mind, let us now return to our regularly scheduled program, already in progress.

**Exercise 3: The Big Squeeze (two to three minutes a day)**

Have you done your reps three times a day for the last three weeks? Good. Now you’re ready to learn what I call “The Big Squeeze” (a.k.a. “The Power Squeeze” or “The Death Grip”). I want you to keep doing your twenty quick squeezes, three times a day. But now you’re going to add ten really slow squeezes. This is what you do. Take five seconds to slowly squeeze your PC as tight as you can. Now hold the tension for a full five seconds, if possible. Finally, release the tension gradually over the next five seconds. You should be able to feel yourself really working the muscle.

This might be a bit difficult at first. You may only be able to do one or two fifteen-second squeezes before How to Make Love All Night you tire. That’s okay. But try to eventually work up to ten full repetitions, each taking ten to fifteen seconds. It may take you a few days, or even a few weeks, to get there. That’s okay. It’s more important that you don’t push yourself too hard. You’re not training to be an American Gladiator. Just enjoy the process and keep squeezing.

**Meet Early and Meet Often**

The PC workout is like any other workout. The harder you work, the faster and more impressive the results. The great thing about the PC is that, unlike some muscles, it responds so quickly to being exercised. No matter how intense or casual your workout is, you won’t have to spend months and months before you notice a difference. As you will soon see, the PC workout brings immediate gratification. Still, you need to be thorough.

There are several steps to becoming multiorgasmic, but building up the PC is the crucial first step. Don’t give it short shrift. There are no
PC is the crucial first step. Don't give it short shrift. There are no deadlines here, no clocks to punch, and no boss to report to. The most important thing is to get the job done. Are you one of those people who takes the new VCR out of the box and tries to make it work without reading a single page of the instruction manual? I'm the same way. But this kind of attitude simply won't work when it comes to mastering the techniques for male multiple orgasm.

My grandmother used to say to me, “You can’t run in the Olympics until you’ve learned to tie your sneakers.” Listen to grandma. Take it one step at a time and take your time on every step. You’ll be at the finish line before you know it, being hugged by your biggest fan. Meanwhile, that will give us some time to talk a little bit more about the miracle of male multiple orgasm.

Excerpt from "How to Make Love all Night and Drive a Woman Wild – Male multiple orgasm and other secrets for prolonged lovemaking" by Barbara Keesling, Ph.D.; Published in 1994; ISBN: 006092621x

If you can find it, buy Dr. Barbara’s book. It’s well written, and only 130 pages long. It’s fun and easy to read. And you’ll learn many news things about sex. That’s a given.

FREE REPORT: Read this to learn exactly how to gain complete control over when you ejaculate..."How You Can Last 10-30 Minutes Longer In Bed Tonight & Permanently End The Pain & Embarrassment Of Premature Ejaculation"

See Also...

Stud 100 – Spray For Premature Ejaculation

Stud 100 is desensitizing spray for men. It’s based on mild anesthetic called lidocaine. It will work in about 5...

The Second Orgasm Technique For Coping With Premature Ejaculation

The idea here is that it doesn’t matter if you come very quickly (the first time). You just keep stimulating...

Start-Stop Method (FREE Premature Ejaculation Exercise)

Start-Stop method is by far the most often recommended exercise for premature ejaculation. It’s highly valued both by sexual therapists...

Last Longer In Bed By
Thinking About Something Else

Thinking about something else during sex is quite often recommended, but some sex experts advise against it. This option may...

Tackle Relationship Issues To Last Longer In Bed

Believe it or not, it really helps when your head and heart are in mood for sex as much as...

What Woman Thinks When You Come Too Soon

So what do women really think when you come too soon? Does it really matter? Do they mind? Well... some...

Indian God Lotion – Spray For Premature Ejaculation

Indian God Lotion is based on a chemical called isopropyl alcohol. Basically, it’s a colorless flammable alcohol, and as all...

How Many Guys Have Premature Ejaculation?

As you’ll now see, sexual problems are actually quite common. Although few of us are ever ready to admit it....

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Iron Wood – Spray For Premature Ejaculation

Iron Wood is actually a herbal solution. It’s based on a Chinese herb known as Radix Asari. It is interesting...