Now that you’re getting lots of women, it’s important that you know how to please them. You want to keep these women coming back to you begging for more, which means you need to be at the top of your sex game.

There are simple, easy steps you can take to make sure your performance is at its best. Based on proven scientific research combined with my years of coaching experience, this guide lays out what really works and what doesn’t, so you get the results you want with 10% of the effort.

Women are pretty obsessed with your cock, so you want to keep it in top shape. That shitty feeling of not getting your woman off doesn’t have to happen if you follow these strategies. This guide will teach you:

- How to last longer in bed
- How to shoot bigger loads
- How to get harder, stronger erections
- How to maintain your cock using natural supplements and techniques
- How to increase your sex drive

Let’s get started below!
Lifestyle Changes For Better Sex

Before we get into strategies for individual performance issues, there are lifestyle changes that will impact your overall sexual health. If you commit to these “global” improvements in your daily routine, you’ll feel better, have more confidence and have overall better sex.

1. **Exercise Regularly**: Regular exercise gives you more energy throughout the day, which means you’ll be more energetic during sex. This can help you last longer and have more fun in bed. Your girl probably won’t be turned on if you have to stop because you’re winded, but she will be if you can pick her up and hold her against the wall.

Exercises that increase your blood flow are great for improving sexual performance. The most effective routine for this is getting in some cardio (running, biking) 5 days per week and resistant training exercises (push ups, lifting weights) at least three days per week. These exercises will build a **strong heart muscle** and increase circulation, which means more blood flowing to your cock, creating stronger, longer-lasting erections.

2. **Diet**: You don’t have to give up red meat, getting fast food, or beer. Just remember moderation. A good way to make this reasonable is to eat healthy during the week then let yourself eat what you want on the weekends. A “heart-healthy” diet, which means less cholesterol-filled foods will improve overall sexual performance, and keep blood flowing where it needs to flow, so Monday-Friday stick to that, then enjoy your days off.

Foods **low in cholesterol** you should try to eat more of:
- Oats
- Red wine
- Salmon
- Beans
- Spinach

Foods **high in cholesterol** to avoid:
- Fast food
- Ice cream
- Ribeye
- Muffins
- Lobster

3. **Alleviate Stress in your life**: This is much easier said than done, but if you’re less stressed out you will have better sex. You’ve probably noticed that when you’re anxious or stressed, you have trouble getting hard and keeping your erection - all men go through that at some point. Try to figure out certain stresses in your life that you can cut out.
Some things, like a horrible boss, you can’t eliminate, but there are probably some small things you can. Try to alleviate one stressor per month, and you’ll find yourself more calm and relaxed during sex.

4. **Get Enough Sleep**: Fatigue can lead to poor performance in bed, softer erections, and decreased sex drive. If you have trouble sleeping or turning off your brain, try a mild sleeping pill like melatonin which won’t make you groggy the next day.

5. **Quit Smoking and Limit Drinking**: We all know what being drunk can do to an erection, but a [study found](#) that “smoking causes arterial damage that doubles a man’s risk of total erectile dysfunction.” So consider the trade-off the next time you go to light up.
How to Last Longer In Bed

This is a typical issue for guys - you used to feel like you could last forever but now you feel you’re finishing too fast. If you know you’re going to finish fast the keys to lasting longer are preparation and strategies. Here are things you can do before and during sex.

Pre-Sex Exercises to Last Longer in Bed:

1. Pelvic Floor Exercises. Lay down on the floor and thrust your pelvis upwards for about 5 minutes each day. This exercise is typically to strengthen your glutes, but it also helps to strengthen your pelvic floor which is associated with lasting longer during sex. In a 12-week study for men with premature ejaculation done by the European Congress of Urology in Stockholm, men who did these exercises regularly lasted four times longer in bed.

Even if you don’t have premature ejaculation, this exercise can potentially add on minutes to your sexual performance. Try doing this exercise each morning before jumping in the shower, you’ll start to notice a difference within 2-3 weeks.

2. Men’s Kegel Exercises. “Kegels” are exercises that, quite simply, strengthen your dick muscles, leading to improved erections and better orgasms. It makes sense – you can work out other muscle groups, so why not down there? I recommend them for all of my clients – these are even more effective than the pelvic floor thrusts, although the most powerful strategy is to do both.

Kegels are great because they can be done discretely anytime of the day. The hardest part of this is to find the muscle. The best way to do this is when you go to the bathroom in the morning, stop the urine flow mid-way through. Feel those muscles that help you stop peeing? Those are the muscles you want to exercise each day.

After a week or two of doing Kegels, you’ll start to feel yourself gaining more control of your penis during sex. So, how do you do them? Rising Master has a very robust guide on kegel exercises for men that I recommend.

Strategies to Last Longer During Sex

1. Change Things Up: When you feel like you are getting close, you don’t have to stop completely, but switch up positions or go down on her for a while. Try taking your penis out and teasing her with the tip of it around her vagina while you regain yourself a bit. Switching positions also gives you a few seconds to relax and reboot before going at it again.

2. Slow Down: If you feel as though you finish too early, then don’t jackhammer her. Take things nice and slow, touch her body, finding areas that tickle or turn her on. Make the entire
sexual experience longer instead of entering her right away. Get her really turned on and wet before you penetrate so she finishes before you do.

3. Don’t Go Deep: If you think you’re going to finish too soon, don’t thrust too deep into her, rather take shallow thrusts. If you alternate between deep and shallow thrusts, this can help you last longer and make sex more fun for her.

4. Squeeze: If you feel like you are going to finish and want to keep going, apply firm pressure with your thumb and forefinger and focus the pressure on the urethra—the tube running along the underside of the penis. This technique moves blood out of the penis and represses the ejaculation. This won’t make you soft, but it will keep back your body’s urge to ejaculate.
How to Shoot A Bigger Load

There a few reasons why guys want to shoot a bigger load. Some want to increase their chances of having kids, some want the confidence boost, and some guys simply enjoy it. Increasing your sperm production increases your sex drive as well, so here are 3 ways to make this happen.

1. Stay Hydrated: Semen level is linked to the amount of fluids you’re taking in, so make sure you get the recommended amount of water per day, which is 8 8-ounce glasses. If you’re working out, then make sure to drink even more water. Watch how much coffee and alcohol you drink, because both of those can dehydrate you; if you drink a lot of alcohol, try to pair each drink with a glass of water (or do the best you can).

2. Don’t Masturbate Too Often: If you’re going to have sex on Thursday, don’t jerk off after Monday. When you hold off a day or two from masturbating, your body essentially stores up that semen which can come out when you do have sex. If you masturbate every day, cut it to every other day. There’s no need to go an entire week, but try going every other day and watching your loads get bigger when you have sex.

3. Eat More Fruits and Vegetables: Key vitamins like Vitamin A, C, and E, omega-3 fatty acids, and zinc are key to building up your semen load. This means you should eat foods like spinach (if you don’t like it put it in a shake in the morning), dark chocolate, eggs, and bananas. Make sure to get leafy greens in at least 5 times per week and try to cut out the fatty foods, and you’ll start to see a difference.
How to Harder, Stronger Erections

Having a harder erection can give you more confidence in bed, which can turn your women on a lot. There are many causes of soft erections - stress, health and diet are three of the big ones - but a stronger erection is definitely achievable. There are many treatments, pills, and ointments that claim a harder erection, but we've narrowed down what actually works. If you want a dick that's as hard as diamonds, follow these 3 easy tips.

1. **Stand Up During Sex**: Have your woman go to the end of the bed with her legs up, and you stand. This increases blood flow to your cock, which will make it harder. This is also a great position to reach her clitoris, making it a pleasurable experience for both of you.

2. **Don’t Eat a Big Meal before Sex**: If you stuff yourself before you have sex, blood that should go to your penis instead goes to your stomach. Try having sex on an empty stomach and see how much harder you can get. You can snack later.

3. **Eat Blackberry Jam**: This one seems strange, but blackberries are high in antioxidants, so doctors call them “erection insurance”, as they help “keep free radicals under control so nitric oxide can do its thing”, which means they allow more blood to the penis which means a harder erection. Every morning try eating whole wheat toast with blackberry jam and you’ll see a harder cock within a few weeks.

4. **Do Cardio 5 Days per Week**: As I said in the lifestyle section, exercise really helps overall sexual health. This is especially true when it comes to harder erections. It comes down to blood flow. To get a harder erection, you want more blood flow to your cock, which means you need to have good circulation. How do you improve circulation? By exercising and eating heart-healthy foods ([click this link for more info](https://example.com)). If you’re not a gym guy, then try speed walking, biking, or boxing at least three days per week to start, and gradually build up your stamina.
How to Maintain your Cock with Natural Supplements

It’s important to maintain your penis like a well-oiled machine. As you get older, you probably find that it’s harder to control it, but that can be reversed. There are certain natural supplements that can help with overall penis maintenance - of course if you think you’re a candidate for Viagra or a medicated product, speak to your doctor.

3 Natural Supplements Worth Trying:

1. **Fish Oil**: contains omega-3 fatty acids that may (depending on the guy) help erections by reducing inflammation and improving artery health. This allows blood to flow better to your penis, creating harder, longer erections.

2. **Vitamin D**: A study in Italy on erectile dysfunction found that those that suffered from ED had lower levels of vitamin D. Doctors noted that “insufficient levels of D may spur the production of free radicals”, and that can limit your erection’s stamina. It can be hard to get enough vitamin D from sunlight and food, so have your levels tested and ask your doctor about taking a supplement.

3. **Pycnogenol (pine bark extract) and L-arginine aspartate**: This is more commonly known as a natural cure to ED, but it can help improve erections and sexual function. These two supplements were used in combination during studies that showed improved sexual function in men with ED. Again, ask your doctor before taking this.

What Doesn’t Work

Never get any pills from an unsolicited email or a 1-800 number; this is a scam. Many corner stores will try to sell “natural Chinese remedies” or something similar, promising to increase your virility. These are usually just ginseng plus random herbs, so don’t fall for it.

It’s incredibly important you always know what you’re putting in your body, so make sure to:

- Buy all supplements from a reputable store
- Check all ingredients on the back of the bottle
- Make sure the bottle is sealed

Consult Your Doctor + Disclaimer

Especially if you are taking other medications, it’s very important to talk to your medical professional before taking additional supplements, because the last thing you want to do it harm your body. Ask your doctor if they think one of these can help improve overall sexual function and make sure to go through the appropriate tests before purchasing any supplement.

*This guide does not make any claims that anything printed here is 100% effective or effective for all men. Always ask your doctor before trying any new supplement.*
How to Increase your Sex Drive

At different points in our lives, our sex drive can decrease. Things like stress, certain medications, and lack of sleep all result in a lower sex drive. There are, however, some steps to take to rev up your desire for sex without taking a pill. All men at some point experienced lower libido, but these 4 steps can help you boost it up.

1. Watch Less Porn: Watching porn with your partner can be an awesome experience to get you both turned on. Try to curb watching porn on your own, as some doctors suggest watching too much porn (especially cyber porn addictions) can lead to low libido. So if you find yourself watching more porn and being less horny, those two are probably linked. Cut porn out of your routine on certain days and watch your sex drive rise.

2. Add Aphrodisiacs into your Diet: Foods like avocados, figs, and bananas are yes, very suggestive looking, but they also have a lot of vitamins that increase blood flow to your penis. Try adding in 1-2 to your daily diet and see if you find yourself aroused more often. Chocolate is also a way to increase your serotonin levels, which can make both you and your girl hornier.

3. Try Not to Fight with Your Partner: While most people think that only women don’t want to have sex after a fight, a rumble in the relationship can actually decrease the male sex drive as well. While fights happen, and so does makeup sex, watch your sex drive go up when you have less squabbles at home.

4. Talk about Your Fantasies: Doctors agree that talking about sexual fantasies is a great way to boost libido for both men and women. Start by talking about it with the lights off after one glass of wine, later you’ll find you’re able to talk more openly to each other about your fantasies, and maybe even play them out.

There are a variety of medications you can take for this as well, so talk to you doctor about what is happening and she what he or she recommends.
Conclusion

Whether you are single with the occasional one-night stand, banging multiple women or in a steady relationship, keeping your sexual performance up is incredibly important. There are many lifestyle factors that go into sex, so if you find yourself not performing like you used to or like you want to, try the steps listed above to get back to where you were.

If you try these steps and don’t see any results, then it’s time to consult a doctor. There are a plethora of medications that can enhance performance in a healthy way. Before taking any medication, it’s important to talk to your doctor about side effects and how it will impact your life.

Remember that all guys at some point feel that they aren’t performing at their sexual best, but there are steps you can take to improve it. These tips will also help you feel more confident with yourself, and once you feel more confident in general, you’ll feel much more confident in bed, which means you’ll leave your woman begging for more.