Kegel Exercises for Men:

If there's one thing that guys are always asking me, it's "how can I control myself from ejaculating so quickly?" The answer is simple -- okay it's not *that* simple, but there is a way that many of you can help yourselves. All that's required is a little exercise that you can do while you're at work or sitting on the couch watching *Survivor*.

You must own a pc

Both men and women have a PC (pubococcygeus) muscle and it is responsible for the health of the pelvic floor. But trust me, that's not all it's used for. You have to keep this muscle in tiptop shape in order to maximize your sexual experiences.

The next time you go to the washroom and begin urinating, try to stop the flow midway. Can you? If not, then you need to start exercising as soon as possible, to maintain penile fitness.

Another test; when you have an erection, can you make your penis jump substantially? If not, then I think you need today's sex tip more than you know.

What this muscle can do

Exercising this muscle regularly will prolong the duration of lovemaking and will make your climax much more intense. Some say that guys with healthy PC muscles can actually hang a towel over their erection and raise and lower it at will. You can also use a hand cloth or handkerchief.

Just as working out your biceps will give you better definition and more strength, the PC muscle can help you strengthen and better define your erections and orgasms. But like anything, discipline is required.

Locate the muscle

As I mentioned above, stopping your urine midway can help you figure out when you're using your PC muscle. Try stopping your urine three times just to ensure that you understand where the muscle is located.

As well, although this method may not sound enthralling, if you stick a finger in your rectum and try contracting your PC muscle, you will know that you're doing so because your finger will feel your anus contracting (pressure). Always try to keep your other muscles (thigh, back and abdominal) relaxed.

Remember that the stronger your PC muscle, the more enjoyable the sex will ultimately be.

And a one...

There are different sets of exercises you can do. Select the one that is best suited for you and do it regularly. Tell your woman to do them too; it will have the same beneficial results. Always keep in mind that you should keep your other muscles relaxed.

Exercise one

Quickly clench and unclench your PC muscle for a 10 second period -- take a 10 second break. Perform three sets, then take a 30-second break.

Clench and unclench for 5 seconds with 5-second breaks in between -- 10 times in a row. Tighten your PC muscle for 30 seconds and release for 30 seconds -- 3 times in a row. Repeat the first step and you're done for the day.

Exercise two

Tighten your muscle and hold for a count of 5, and release. Repeat 10 times.

Squeeze the muscle 10 times fast. Repeat 3 times.

Tighten and release your PC muscle in long and short intervals for counts of 10. Repeat 3 times.

Squeeze your muscle and hold it for as long as you can. Try to work your way up to 120 seconds (relax, that's only two minutes).

Exercise three

Squeeze and release your muscle over and over again. Begin with a set of 30, and then slowly work your way up to over 100.

Squeeze as deeply as you possibly can. Hold it for 20 secondsm then rest for 30 seconds. Repeat 5 times.

Exercise four

Simply begin squeezing and releasing your muscle for 2 minutes a day and gradually work your way up to doing it for 20 minutes at least 3 times a day. You should eventually be able to perform at least 200 repetitions per session.

Any time, any place

Keep in mind that because you can do these exercises just about anywhere and at any time, there is absolutely no excuse to neglect your exercises. No one will know that you're squeezing, unless of course you keep smiling like an idiot.

Because the muscle heals quickly, you'll begin noticing that you're waking up with more solid erections and that's always a good thing, especially if Petunia is sleeping next to you in the buff come morning (you know what I mean).

Personally, I recommend that you complete your exercises every single day for the rest of your natural life. Trust me, Hef will have nothing on you when you get to be his age. Your sexual abilities will increase immensely and you'll find that your penis has become stronger and firmer.

Shoot across the room

PC exercises can also be beneficial in the "squirt across the room" department as well. Remember porn star Peter North? Well, rumor has it that he did his exercises daily. So not only can you have the most solid erection ever, but you might also be able to ejaculate on the ceiling.

Remember that the results will not be seen the instant after you're done your first bunch of exercises. It takes time, like with any muscle that you would begin exercising.

Enjoy a new sex technique

Once you have begun to master your exercises and are able to see a significant difference, the next time you're making love with your woman, stay inside her. Instead of going in and out of her, simply squeeze and release your PC muscle.

If she has been doing her exercises as well, you can both perform this on each other and while you get the sensation that her vagina is giving you a "hug", she'll feel like your tapping her G-spot, and trust me, chances are that the both of you will enjoy the sensation immensely.

And there you have it; some easy ways to keep her satisfied and get a little satisfaction of your own at the same time.