

Advanced hip extension

Why: It works multiple areas to help you maintain trickier positions. This move is better than your everyday crunch as it will give you the added bonus of lower back strength. "For more pleasure in the bedroom you want a strong body overall, and this one's great for the abs, lower back, butt and thighs," says Dean Piazza from getfit.com.au.

How: Lie on your back with one knee bent and your foot on the floor. Straighten your other leg in the air, but keep your knees side by side. Lift your hips to align with your shoulders and knees, but keep your hips square. Hold for a few seconds. Complete two sets of 10 repetitions, resting between sets, then change legs.

Matthew McConaughey works on his already buff bod with some sit-ups on the beach.

Longer, stronger orgasms? Yes please! If you want to shift your pleasure factor into top gear, then follow these five exercises from the experts. Your sex life will be sizzling in no time!

Madonna, a renowned fitness freak, practises Pilates every day.

The Kegel exercise

Why: Named after Californian physician Dr Arnold Kegel, who developed the exercise in the late 1940s, it strengthens your pubococcygeus, or PC, muscle to increase sexual satisfaction. "It will give you a more mobile pelvis for tilting to maintain constant contact during sex and better grip your partner," says Australian Pilates guru Allan Menezes, whose book *Pilates To Improve Your Sex Life* is due out later this year.

How: Clench the muscles you use to stop going to the toilet midstream - you should feel your pelvic muscles drawing up. Hold for 10 seconds and breathe in and out. Now lift up your pelvic muscles a bit more and hold for another 10 seconds. Allan's tip is to imagine you are taking your pelvic floor up in an elevator. Take the elevator to the third floor and hold for another 10 seconds, then up to the fourth floor and hold for 20 seconds. Repeat 10 times.



Pamela Anderson practises her sexy dance moves on a pole in her bedroom - and she has the body to prove it!

Hip and booty roll

Why: "Learning simple yet sexy moves is great for foreplay and sexual confidence," says Pole Divas director Kennetta Hutchens. "Improved flexibility helps you get into new positions and the upper body strength, leg strength, rhythm and fitness gained definitely improve sexual stamina."

How: Stand in front of a mirror and place your hands on your hips. Make a figure-eight shape with your hips and repeat a few times until you're moving smoothly. Bend your knees and move your hands up over your stomach, breasts and through your hair. Do about 20 reps. To move into a booty roll, keep your knees bent, push your chest forward, your buttocks back and roll your hips slowly in a circular motion.

The BETTER SEX WORKOUT

