



IT'S

SEXERCISE

TIME



BY LAURA HILLS

**A SURE FIRE WAY TO  
BOOST YOUR FITNESS AND  
YOUR PERFORMANCE IN  
THE BEDROOM...  
SOUNDS GOOD TO US!**

There are plenty of reasons why being in good shape will improve your love life; as well as looking and feeling your best with your clothes off, exercise will also help you to perform better in bed. Here, BestFit enlists the help of two top fitness experts to show you the moves you need to ensure maximum enjoyment for both you and your better half in the bedroom...



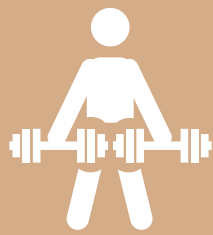
## SQUATS

TAP FOR INFO



## REVERSE CRUNCH

TAP FOR INFO



## SHRUGS

TAP FOR INFO



## KETTLEBELL TRAINING

TAP FOR INFO



## SEATED DIPS

TAP FOR INFO



## SINGLE ARM PUSH UP

TAP FOR INFO



## SWISS BALL PRESS UPS

TAP FOR INFO



## SIT UP AND REACH

TAP FOR INFO