

The Art of Coreplay in 4 Easy Steps

1. Make sure that you are doing the right exercises

One of the most important parts in learning how to experience a coregasm is to make sure that you are doing the right exercises. Exercises which are known to cause coregasms are:

- crunches (and side crunches)
- leg or knee lifts
- hip thrusts
- squats
- hanging straight leg raises
- planks and plank variations
- rope or pole climbing
- pull-ups or chin-ups
- hamstring curls

So, to give yourself the best chance of **greatly enjoying** your workout, make sure you are doing the above exercises regularly.

Note: It is thought that doing 20 – 30 minutes of cardio to warm up can help increase arousal and prime you for a coregasm.

Men can also have a coregam. In order to increase their chances of doing so, they should focus on the following exercises:

- sit-ups
- weight lifting
- climbing
- pull-ups
- chin-ups

Best save these workouts for at home though...

2. Challenge Yourself & Your Body

The next step in attaining the coregasm is to make sure that you are challenging yourself in your core workouts. High-intensity workouts are thought to bring about a coregasm quicker than low-intensity ones.

3. Incorporate Kegel exercises in your routine

Another one of the most important parts of reaching the coregasm is to incorporate Kegel exercises in your workout routines.

A Kegel exercise is a clench and release of the pelvic floor muscles. Not only is strengthening these muscles helpful in reaching climax, they offer a number of other health benefits as well (they support the womb, the bladder and the bowels). You can find more details about Kegel exercises [here](#).

4. Clear your mind

Finally, make sure you clear your mind before starting your workout. I know...easier said than done when you are well...frustrated. However, you are very unlikely to achieve a coregasm if you are hyper focused on having one.

So, do some belly breathing before you begin, light some scented candles and get that 50 shades audio book on blast!

Coregasm FAQs

Can men experience a coregasm?

Good news boys, **yes!** Men can experience a coregasm if they train *hard* enough. Please find the suggested exercises to encourage satisfaction above and men will also need to learn how to work those pelvic floor muscles.

Can I get a six pack through coregasming?

I don't see why not. If you are following any workout routine consistently and partnering it with a healthy and well-rounded diet, you should eventually get yourself a six pack.

Is this why I always hear obnoxious grunting coming from the weights area?

Potentially, those gym buddies do always seem awfully close don't they...

Can I do this with a partner?

Yes! Spice up those at-home workouts by both working towards a coregasm. Do not put any pressure on your partner though. Nothing ruins the mood like pressure!

Disclaimer: Some may find it difficult or even impossible to have a coregasm. This is only a guide on how you can improve your chances of experiencing one. Nothing on this page should be taken as medical advice and please check with a qualified medical professional before starting any new exercise routine or implementing any lifestyle changes.

This document was put together by [Sportarly.com](https://sportarly.com).