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Introduction

So what the heck are male multiple orgasms?

Male multiple orgasms are when a man is able to experience an orgasm multiple times during sex without ejaculating.

Now if you've never heard of them before it might seem like a pretty outrageous claim...

Sure you've probably heard of women experiencing multiple orgasms, but men!... Is it even possible?

Well let me answer that with a resounding YES.

Men definitely can experience multiple orgasms and quite frankly it's a skill that every man should learn, but unfortunately most men don't even realize that it's possible.

And it's especially unfortunate because all you need to experience multiple orgasms is to do a few simple things that I'm going to outline in full in this bonus eBook.

So let's get started!

How Male Multiple Orgasms Work

Now the complete male multiple orgasm process is a little complex so what I'm going to do is first provide a brief overview, then I'm going to go in depth into the various elements need to make it happen and then, at the end of this eBook, I will bring together all the components in a full explanation of how you can do it.

So please be patient as I explain everything in detail and read this eBook the whole way through from start to finish.

Now let's get started with the overview...

The way a man can experience multiple orgasms is by stopping his ejaculation just before it happens using a muscle at the base of the penis (more on this later).

The contraction of this muscle blocks the tube through which ejaculation flows and therefore stops ejaculation.

When ejaculation is stopped it is possible (with a few of the techniques I'll share later) to experience an ejaculation-free orgasm.

After experiencing the orgasm you'll be able to continue having sex without losing your erection and soon thereafter experience another orgasm.

If you like you can repeat this process numerous times in order to experience several orgasms during one love-making session.

So that's the process in a nutshell...

Essentially you stop ejaculation, experience an ejaculation-free orgasm, and then continue having sex with your erection intact and repeat the process as often as you like.

Now let's get into the details of exactly how to make this happen...

The Magic Muscle

So above I referred to a muscle that can be used to stop ejaculation.

The muscle I was talking about is called the Pubococcygeus muscle or PC muscle for short.

Some argue that it's something called the BC muscle that does this, but the label for the muscle really doesn't affect the result, so we'll call it the PC muscle.

Now if you've done any research about sexual performance whether it be online or in books, then there's a chance you'll have come across the PC muscle before.

If you have come across the concept of the PC muscle before, please DO NOT skip any sections of this book.

Everything I write about here has been geared specifically towards experiencing multiple male orgasms, therefore you need to pay close attention to the distinctions about the PC muscle you need to understand to make this work.

With that said, let me explain exactly how you can find the PC muscle...

The PC muscle is located at the base of the penis underneath the scrotum.

The easiest way to identify it is while urinating... While urinating you'll notice that you have the ability to stop the urine flow.

The way you stop the urine flow is by contracting your PC muscle.

And as I will explain later, in a similar way as to how you stop the urine flow, you will stop your ejaculation, so it's very important to have a firm grasp of exactly where to locate your PC muscle.

If you're still not exactly sure how to find it, re-read the above section until you are.

Kegels

For you to be able to experience multiple male orgasms it is essential that you develop a strong PC muscle.

Typically men will not naturally have a PC muscle that is strong enough to stop ejaculation.

So it is for this reason that you need to exercise it.

And the name for exercising the PC muscle that is most commonly used is “Kegels”.

Now what’s great about exercising the PC muscle (or performing Kegels) is that it’s very easy to do...

You don’t need any special equipment, you don’t need a lot of time and you can do it practically anywhere.

All performing Kegels involves is contracting your PC muscle and relaxing your PC muscle.

I’d recommend that you perform some type of warm-up first, such as either wrapping a warm towel around your penis for about 15 seconds or performing some very gentle contractions before starting the proper exercise.

Some people prefer to not bother with warm-ups, but to minimize risk of injury I recommend you do.

Before I get into the actual exercises it’s important to note that when you begin training your PC muscle you should also take the time to give your PC muscle a chance to rest.

Don't go getting super-excited about these workouts and never give your PC muscle any time off.

A good starting point is to give your PC muscle at least one day off per week.

Realize that muscle growth happens during recovery not the actual exercise, so without recovery the strength of your PC muscle will struggle to develop anyway.

And finally... be patient with the results. It can take anywhere between a week to a month to develop your PC muscle to the level of strength needed to successfully experience multiple male orgasms.

3 PC Muscle Workouts

Now there are a few different ways of exercising your PC muscle that are worth experimenting with.

Let me explain 3 great types of Kegels or PC muscle workouts...

I call the following 3 workouts the “Rapid-Fire”, the “Medium-Man” and the “Power-House”.

Please note: Do not perform these exercises while urinating. To emphasize my point... You should not be urinating while performing these exercises.

Here’s exactly how to perform them.

Exercises #1 – “Rapid-Fire”

As you might have guessed this one of the PC muscle exercises is the most “rapid-fire”.

And this exercise runs as follows...

1. Tighten your PC muscle as tightly as you can and hold it for 2 seconds
2. Relax it fully for 2 seconds
3. Tighten again for 2 seconds
4. Relax for 2 seconds
5. Repeat 10 times
6. Take a minute break

7. Repeat steps 1-5 one more time.

As you can tell it's rapid-fire because you're working it out in quick bursts of tightness and relaxation.

Depending on your current strength level you may want to start with more or less repetitions and sets.

Exercises #2 – “Medium-Man”

This is the medium of the three exercises I'm going to recommend.

And it goes as follows...

1. Tighten your PC muscle and hold for 10 seconds
2. Relax your it fully for 10 seconds
3. Tighten again for 10 seconds
4. Relax fully again for 10 seconds
5. Repeat steps 1-4 so you do ten 10 tightenings altogether

So overall it's very similar to exercise #1 with the key distinction that you're tightening your PC muscle for longer to develop more stamina in being able to hold it tight.

Exercise #3 – “The Power-House”

This one is a real stamina developer and goes as follows...

1. Tighten your PC muscle and hold as tight as you can until you can't hold it any more

2. Take a minutes break
3. Repeat steps 1-2, three times altogether

Summary Of Exercises

Overall I recommend you experiment with all three.

After a while you may find you have a particular preference for one of the above work outs (mine is #3) and if that's the case for you then feel free to stick with using only that workout.

The most important factor in working out your PC muscle is to do so consistently (while still taking one day off per week).

Working it out for a few days and then giving up is definitely not consistent and not enough to develop the strength needed for multiple orgasms, so spend your time focusing on being sure to do your workouts vs. worrying about whether you're getting the work outs 100% correct.

Above all just make sure you take some time 6 days per week to contract your PC muscle a few times.

Breathing

The next key element of experiencing multiple male orgasms is your breathing.

Your breathing during this whole process is very important because it gives you full control while you stop your ejaculation and allows you to calmly experience an ejaculation free orgasm.

Another way to look at it is as a method for transferring the built up energy away from your genitals caused by the attempted ejaculation.

This is how the breathing process during an ejaculation-free orgasm works...

At the time when you stop your ejaculation you should perform deep diaphragmatic breaths.

In a nutshell diaphragmatic breathing means breathing in to your lungs by pushing your stomach out.

And as you breath out your stomach will contract.

You must also be sure to remain as relaxed as possible while doing this.

It should not be a strenuous experience.

Breathing like this is the best way to fill your lungs with the maximum amount of air possible...

And with the maximum amount of air you are able to relax most and take full control of your ejaculation-free orgasm.

Performing the correct breathing is as simple as what I just explained; the hard part is actually remembering to do it. When you practice your ejaculation-free orgasms be sure not to forget it!

How To Experience Multiple Male Orgasms

Now you know all the “building blocks” of what it takes to experience multiple male orgasms, let me explain exactly how to make it happen.

Firstly, you’ve got to recognize that this is a skill.

Therefore it takes practice.

If you’ve developed a strong enough PC muscle it may work first time for you, but if not, then don’t worry. It’s perfectly natural to not have this work first time.

It’s a skill.

Be patient and rest assured, soon enough it will work and the pay-offs will be well worth it.

The key to being able to experience multiple male orgasms lies in first practicing during masturbation by yourself.

When you’re masturbating alone the pressure is off and if you fail it really doesn’t matter.

It’s also much easier to control the stimulation you’re getting.

So start alone and when you’ve developed a bit more skill take it to the bedroom.

Here’s how the process works.

Firstly, stimulate yourself until you’re just about to orgasm.

Just as you think you're about to orgasm and ejaculate stop all the stimulation you're giving yourself.

At the same time contract your PC muscle as tight as you can to stop yourself from ejaculating and hold for as long as you can...

And begin your breathing as described earlier.

If you've done everything right you should now experience an orgasm, but at the same time stop your ejaculation.

After this you may need to wait a moment or two before continuing masturbation as you may still be very sensitive and on the verge of ejaculation.

When you do continue masturbation you should remain fully erect and able to carry on significantly longer before experiencing the need to orgasm again.

If It Doesn't Work Out Perfectly

Now like I said earlier, it may not work out perfectly first time.

The three most common mistakes are stopping stimulation too early to experience orgasm, stopping stimulation too late (making ejaculation inevitable) or not having a strong enough PC muscle to stop ejaculation even if timing is perfect.

So these mistakes really boil down to two things, timing and PC muscle strength.

And both of these two things take practice to perfect.

If you're timing is off and you stop stimulation too early, then just stop it slightly closer to orgasm next time.

If you're timing is off because you stopped too late, then just stop slightly earlier next time.

And if you're PC muscle isn't strong enough, then don't worry, just keep on performing your exercises for it.

Experiencing multiple male orgasms really is as simple as that...

It's a matter of stopping stimulation just before orgasm, tightly contracting your PC muscle and performing deep diaphragmatic breathing.

With enough practice any man can make this happen and have the joy of experiencing multiple orgasms and the satisfaction of lasting much longer in bed.

Tips

Here are some quick tips you should bear in mind when learning this process...

- If any of the above processes at any point hurt then stop doing them immediately and have a rest
- Make sure you don't over train yourself by never taking days off
- Make sure you eat healthily to give your PC muscle as much of a chance to repair and recover from exercise as possible
- Make sure you get plenty of sleep
- Stay patient. If results don't come instantly then it doesn't mean they're not coming. Giving up is the only sure way to guarantee no results
- Create a routine and set time for doing your PC muscle exercises. Making it a habit will make you 10x more likely to do the exercises consistently.
- If you have a willing partner, get them involved too. I know I said it's best to practice by yourself, but if you have a partner you're comfortable learning this with then do that.

Good Luck

Experiencing multiple orgasms is truly an amazing talent to possess.

Not only will it dramatically increase how pleasurable sex is for you, but it will help you last longer in bed too!

So it's definitely worth the effort of developing this skill.

Be persistent and never give up and you'll get the pleasure you deserve,

Good luck,

Jack Grave

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