

## Introduction

In this guide I'm going to reveal a secret most male pornstars would never want you to know.

I'm going to be sharing with you a very specific technique many of them use to last exceptionally long in bed, as you've probably seen them do if you've ever watched porn.

I'm talking about being able to thrust hard and fast for 20, 40 or even 60 minutes and then finally only orgasming when you choose to.

And yes, this really is something that is achievable to "normal" guys like you and me.

Now, it's important to remember that porn is *heavily* edited.

What you see in the videos is not everything that happens during a scene they film.

There will be times when the male actor has to stop the filming temporarily to apply the techniques I'm going to be revealing in this guide, so chances are you'll have never seen what I'm going to be revealing.

With all that said, prepare yourself to pay close attention, because what I'm about to share has the power to give you the kind of stamina that will allow you to give a woman intense orgasms over and over again.

Get ready, because you're going to love this.

Let's get to it...

*Jack Grave*

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## The Secret Weapon

I should tell you upfront that I'm not one to pad out guides with useless content and waffle on just to increase page count.

If books with thousands of page in length but with minimal substance is what you're after then you need to head to your local library.

I'm here to give you the exact information you need in the minimum amount of time possible so you can get on with actually applying rather than reading... which ultimately is what's going to generate a change in how long you last.

With that said, allow me to get straight to my point...

The secret weapon that many pornstars use to last as long as they do is their PC muscle.

Now, if you've already heard of the PC muscle and you're about to tell me you know everything there is to know about the PC muscle let me stop you right now...

If right now you last for any period of time less than 30 minutes in bed, you do *not* know everything there is to know about the PC muscle.

The fact is that if you really did know everything there is to know about the PC muscle, then you wouldn't be needing to read this guide.

Now I'm not trying to sound offensive or anything here, this is just something I had to make clear.

With all the garbage that's out there on the web and on free sites it's easy to get misled and unfortunately the PC muscle is one of those topics that people love to chat about on the web, but really they know nothing about.

On top of that, there are certain subtleties to using the PC muscle that I'm going to be outlining in this guide, which if you get wrong, will completely screw up any attempt you may make towards successfully using it to help you last longer.

Wow, OK, I feel like I'm ranting a bit now, but everything I've said is important and has to be said.

Now, it could be that as you're reading this you're thinking "what the heck is the PC muscle, I have no idea what you're talking about"...

And if that's the case, don't worry, I'm about to bring everyone to a level playing field before I start getting into the details of how pornstars use the PC muscle to last as long as they do.

## What Is The PC Muscle?

The PC muscle stands for Pubococcygeus Muscle.

It's a muscle that works in the same way as any other; meaning that you can contract and relax it.

Now the actual scientific research into this muscle and its applications vary.

For the process that I'm going to be describing in this guide some people claim that the muscle involved is actually the BC muscle, short for the Bulbospongiosus muscle.

Now we can spend some time getting caught up in the debate of which muscle is technically involved in the process that I'm going to be describing to help you last longer, but at the end of the day, the labeling of the muscle isn't what's going to help you last longer.

If you're interested in a scientific debate, that's not what I'm going to offer here.

Anyway, what you need to know is as follows...

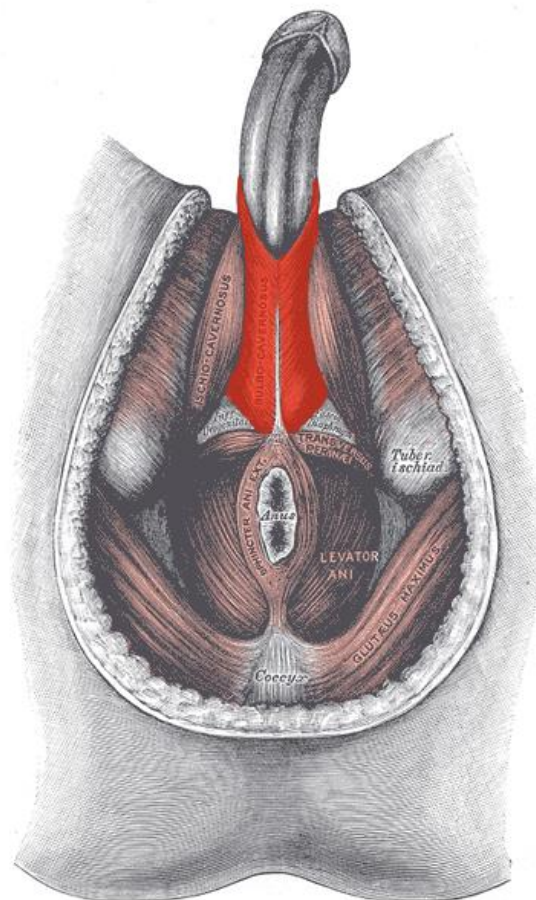
The PC muscle I'm referring to and what I'm going to recommend you begin using is located in the following place...





Source: [http://www.kegelpad.com/For\\_Your\\_Health.html](http://www.kegelpad.com/For_Your_Health.html)

Now the BC muscle, for you reference, is located here...



The muscles are very similar and like I said, don't get caught up in the minutia of trying to figure out the correct name for what you're going to be using.

For simplicity purposes we're going to call it the PC muscle from now on.

Now showing graphics isn't the way I'd normally help someone find their PC muscle, but I decided to include graphics because everyone always asks me for them whenever I teach this, however, viewing it graphically isn't the best way to find it.

**The best way to identify your PC muscle is as the muscle used to stop the urine flow while urinating.**

The next time you go to urinate, stop the urine flow.

Don't use your hands, just use the muscle that naturally helps you stop it.

What stops the urine flow is the PC muscle.

This is the best way to identify the PC muscle.

Now here's what's really cool...

Just like you can stop the urine flow with the PC muscle, you can also train yourself to stop *ejaculation* with the PC muscle.

Pretty cool, huh?

And what's really cool about this process is that when you do successfully stop ejaculation with your PC muscle, you'll be able to last significantly longer, while staying fully hard, without any need to orgasm for at least 5 to 10 minutes and sometimes more.

And after those 5 to 10 minutes, when you need to orgasm again, you can just repeat the process and last for an additional 5 to 10 minutes.

And you can repeat this over and over again, until you want to orgasm... meaning you can effectively last for as long as you want in bed.

It's a very very cool process.

There is, however, one catch.

This process is *nowhere* near as easy to carry out as stopping urine flow.

Stopping urine flow is pretty easy because there isn't too much pressure.

Stopping ejaculation, however, takes a lot more energy, strength, skill and timing, and I'll be covering exactly how to do this in this guide.

## How To Use The PC Muscle To Last Long In Bed

I've given you a rough idea of how this process is going to work, but let me just be clear on this...

Normally guys experience orgasm and ejaculation simultaneously.

Arousal and pleasure build and build until eventually at their peak orgasm happens.

As a guy orgasms he ejaculates and ejaculatory fluid travels from the scrotum through the urethra to eventually ejaculate.

How the PC muscle can help you last longer is that it acts a block in this process.

Contracting your PC muscle at the right time is like stepping on a hosepipe with water running through it.

By contracting the muscle around the urethra you block the passage of fluid through it and therefore prevent ejaculation.

Now, interestingly, when you do this it's possible to experience an ejaculation free orgasm.

You can quite literally, as a guy, experience an orgasm, without releasing any ejaculation.

It's a very cool experience.

Now what happens directly after that is an amazing phenomenon.

Like I've already mentioned after this happens you'll have the unique experience of being able to stay hard without an immediate desire to orgasm.

Until you experience it for yourself it's pretty tough to understand, but I'll try my best to let you know what it's like...

Imagine being able to thrust as hard and fast as you like without *any* desire to orgasm.

Imagine having sex with the kind of speed and intensity you see pornstars do without any desire to ejaculate.

And imagine being able to carry on and on like this while still never being forced to orgasm.

If you're someone who's never really been able to last long in bed it's an incredible experience.

I remember the first time I did this I really did feel like a pornstar.

The control and ability you have is amazing and it makes you able to pleasure a woman in ways in which previously you never thought were possible for you.

Now, there are some subtleties and distinctions you have to understand in order to pull this off, so let's get into them right away.

## What It Takes To Use Your PC Muscle To Last Long

Using your PC muscle to stop ejaculation is not a walk in the park.

Some guys are fortunate and are able to do it successfully first time around, but for many guys there are two main factors that need to fall into place before it works fully.

These are the two factors;

#1 – Timing

#2 – Strength

Let me explain each one...

### **Timing**

At this stage I should point out something important.

To use the PC muscle to stop ejaculation you must stop all stimulation at the time of contraction.

This process won't work if you keep on thrusting for example and try and apply the contraction at the same time.

**At the point of contracting your PC muscle to stop ejaculation you must stop all stimulation.**

With that said, the timing of stopping stimulation and contracting your pc muscle contraction just before orgasm is crucial.

Here's why...

If you stop stimulation and contract your muscle too early then you won't experience the ejaculation free orgasm and as soon as you begin stimulation again you'll be just as close to orgasm as you were before.

If, on the other hand, you stop stimulation and contract your PC muscle too late then you won't have enough time to successfully stop the flow of ejaculation and it'll therefore happen anyway.

So you have to get the timing perfect.

Too early and you'll just need to orgasm again soon and too late and you'll orgasm anyway.

Now I'll try and describe the timing, but your own personal precision comes down to practice, which I'll get to in a second.

The best timing for stopping stimulation and contracting your PC muscle is just before the point of orgasm.

Perhaps one second before when you anticipate you will orgasm.



You need enough time to clamp down (contract the muscle) before ejaculatory fluid gets released, but you also need to allow enough time for the ejaculatory process to at least start, otherwise you won't be achieving anything.

That's the best way to describe the timing.

But like I said, the only real way you're going to master your timing is through practice.

I recommend that from now on you practice this process every time you masturbate.

It's best to practice while masturbating, because then you have a lot more control over your stimulation as opposed to during sex.

Also, I recommend that while practicing you err on the side of stopping and contracting early rather than late, simply because if you stop and contract too late you'll end up orgasming and it'll be a while before you can try again.

If, however, you perform the stop and block too early, then you can just try again, the next time performing it slightly closer to the point of orgasm.

And that's pretty much it in terms of timing.

The more often you practice the quicker you'll figure it out.

On to strength...

## Strength

The other factor involved in successfully stopping ejaculation is strength.

Even if you get your timing perfect, if the strength of your PC muscle isn't enough then you won't be able to stop the ejaculation process.

Ejaculation is a strong and powerful event. It has been intentionally designed like that because the distant release of semen increases the chances of pregnancy and therefore us humans continuing the species.

So this is what you're up against.

And a weak PC muscle ain't gonna to cut it.

Therefore in order to be able to stop ejaculation with your PC muscle you need to begin training it.

Now the PC muscle is just like other muscles.

When you exercise it regularly and properly it grows.

Now I should also point out, that just like with other muscles you can *overtrain* and injure them as well.

So bare that in mind as I describe the following and you consider how you work out your PC muscle.

To grow your PC muscle to the necessary strength possible I recommend the following...

And by the way, don't get too hung up on the specifics of this workout. Ultimately what matters is regularly exercising the PC muscle.

### **Workout #1**

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.

### **Workout #2**

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 second tightenings altogether

## Workout #3

1. Tighten your PC muscle and hold as tight as you can until you can't hold it any more
2. Take a minute's break
3. Repeat steps 1-2, three times altogether

As you can tell there many different ways you can exercise the PC muscle.

Each workout, running from 1 to 3, spends more time holding the muscle contracted.

Personally I quite like workout number 3 because it most accurately simulates what you'll need to do during sex or masturbation to last longer, but I recommend you practice a combination of all three.

In terms of frequency of workouts I recommend you perform *one* of the workouts per day about 4 times per week.

Also you may wish to adjust the number of reps or the duration for which you hold your contraction based on what's comfortable for you.

I should also add that since this is a type of physical exercise you need to be sensible.

If it at any point anything begins to hurt then stop the exercise and finish your workout immediately.

If you notice any ongoing soreness after the workouts then stop performing any workouts until all soreness is gone.

Eat healthily and get plenty of sleep, because the actual working out of the muscle is only part of the process necessary to build strength.

Recovery is just as important.

Eating healthily and getting plenty of sleep will allow your muscles time to recovery and grow in strength.

Now if you do everything right it's not typical to experience any soreness, but I wanted to mention it so that you know how to respond in case you do.

**And as with any new exercise program I have to recommend you see a doctor before beginning.**

Also, I want to highlight the importance of consistency in completing the exercises.

If you have a relatively weak or underdeveloped PC muscle it may take some time to develop the strength necessary to completely stop ejaculation.

This could take a week or a month or possibly more.

It's different for everyone.

But what is required is consistently working out the muscles.

Without that they'll never become stronger.

The good news is that exercising the PC muscle is pretty easy.

You don't need to go to the gym and you can often do it while performing other activities.

You can do it while driving or while at your desk at work.

There are a plenty of times when you can do, what's important is to develop a routine so that you do it on a regular basis.

## **Other Factors Influencing Success With The PC Muscle**

I want to take a moment to make a few points clear.

Having been teaching this process of using the PC muscle to last longer in bed for quite a few years now I get a lot of questions from guys about it so I'm hoping to help you out and save you time by pre-empting some of those questions you may have here.

Firstly, **none of what I've described here should involve the use of your hands.**

Some guys mistakenly think that they need to use their fingers to block the passage of ejaculate, but this isn't necessary.

Whenever I contract the PC muscle I'm quite literally referring to you contracting the muscle just like you would contract your bicep to flex it.

I don't recommend you use your hands in this process.

Secondly, **when it comes to performing your PC muscle exercise do *not* do it while urinating.**

The only time urination is relevant here is to help you identify the muscle.

Once you've identified the muscle and are able to flex it whilst not urinating you don't need to worry about doing any of this stuff while urinating.

When exercising the PC muscle you should *not* be urinating or trying to stop the urine flow.

Thirdly, **perform the PC muscle exercises *only* while flaccid.**

While you can obviously contract the muscle while fully erect, it's best to save that only for when you're practicing the process of stopping ejaculation while masturbating or during sex.

All other times that you want to exercise the PC muscle you should be flaccid.

You may have noticed that when you contract the PC muscle you force blood into the head of your penis and this is something you want to avoid doing excessively.

Fourthly, I'd like to talk about how to use this technique during sex.

**In order to use the techniques I've described here effectively you need to stop any stimulation you're experiencing while contracting the PC muscle.**

This can mean interrupting the flow of sex.

In porn this kind of thing gets edited out, but when you're doing it your partner may find the interruption inconvenient.

However, there are a number of ways to address this.

Firstly you've got to look at the event as an investment.

Although it might disturb her initially if you pull out of her to perform your blocking of ejaculation, the end result of you performing the process will be that you'll be able to last much longer and therefore give her much more satisfaction than if you'd just have carried on and orgasmed early.

Secondly you could do the following...

Instead of pulling out you could insert fully, remain still and fully inserted, and whilst in this position, performing the process, you could keep giving her pleasure by kissing her,



kissing her neck, licking her breasts or anything else you can think of to pleasure her.

This way you keep her satisfied while performing the important action of increasing your stamina for that particular sex session.

And that's everything you need to know.

## Summary

Let me summarize the entire technique for you here...

When you're having sex or masturbating pay attention to how close you are to orgasm.

When you notice orgasm approaching ready yourself.

Just as orgasm and ejaculation begins stop all stimulation and tightly contract your PC muscle.

Hold your PC muscle tight until the desire to ejaculate completely subsides (you may have to hold tight for as long as a minute).

You may then need a minute's rest before restarting sexual activity and you may need to wipe off a small amount of semen that did pass through, however, after this you should now be able to restart stimulation at whatever intensity you like with a full erection, but without any need to ejaculate.

And this ability, assuming you've done everything leading up to it perfectly, should last for at least 5 or 10 minutes or more.

After which, if you like, you can repeat the process again as often as you like to last as long as you want.

And thanks to this process you'll be able to last as long as any pornstar you previously may have envied.

## Final Thoughts

Now you know the exact same secret weapon many pornstars use to last so long in bed.

Rarely will you see what I've described here, because the pornstars who use it will often have it edited out.

But the use of the PC muscle is exceptionally powerful.

When you begin to use it and when you fully develop the strength and timing to execute it perfectly a whole new world of sexual opportunities will open up to you.

Being able to last as long as you want in bed is a magical skill to have.

It'll allow you to give women the kind of pleasure only very few men can.

So take what I've shared with you seriously and commit yourself to putting it into action.

If you do that you'll have a very fulfilling and enriched sex life.

Good luck

And I'll talk to you soon,

*Jack Grave*

PS – Not long ago I decided to create a program that outlined my most advanced stamina techniques, taking what you've learned in this guide much further.

The program revealed my very best, advanced and in depth knowledge on the area of helping guys last long in bed, which over the past few years I've become known very well for.

If you're interested in discovering more about what I consider to be the most advanced training in the world on increasing male sexual stamina, then [click here now](#).