

Sex Stamina Training Basics

If you're like me, you may not have access to a girl that'll just "be there" to help you last longer in bed. When it comes to sex, women are pretty set on sleeping with someone they feel attracted to, and thereby will give them extreme pleasure.

The goal of this section is you help you achieve the 45-minute mark, so that the next girl you sleep with is impressed by your stamina in bed. Stamina can be achieved by engaging in one of two: masturbation with your hand or masturbation using [sex toys](#).

Masturbating with your hand is something we're all used to – you do it to get a "quick fix". If I asked you to "take your time" while masturbating yourself, you'd probably extend the session by 3 minutes at most.

In contrast using a sex toy (such as a [FLESHLIGHT](#) or a [REALTOUCH](#)) introduces a foreign object into the equation. This object makes you uncomfortable. And that's OK. While you've been masturbating for years, this new element makes you both scared and anxious. And that's exactly the mindset you want to have while training for stamina.

Remember that you're not using the toy to get off. You're using it to explore new horizons. For example – a [FLESHLIGHT](#) has different "sleeves" that you can try. They're modelled from the vaginas of real women. Each feels different. Each has a different tightness factor, pinch factor and wetness factor. If you have 3 different sleeves, it feels like like 3 different women. But you CAN'T buy into the FleshLight marketing campaign. Remember – you're doing this for TRAINING and NOT to cum inside Jenna Jameson!