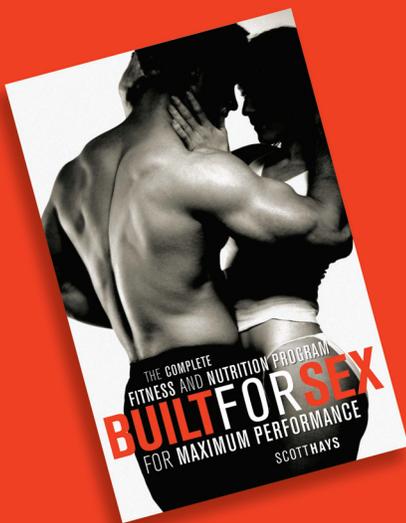


# TRANSFORM YOURSELF INTO A MAN WHO IS BUILT FOR SEX!

*"This book contains everything you'd ever want to know about sexual fitness, and how to maximize your sexual pleasure."*

*--Steven Lamm, M.D.,  
Author, The Hardness Factor*



# BUILT FOR SEX

**Having great sex** involves not only knowing the **best moves and positions** to please your partner, but also having the strength and stamina to execute those moves and positions to perfection. Now all the cutting-edge advice for getting the body you need to get the **mind-blowing sex** you want comes to you in *Built for Sex*. This simple yet revolutionary program is anchored in a series of scientific studies that prove conclusively that men who commit to a moderate amount of exercise just four times a week can expect substantial sexual benefits.

The suggestions in *Built for Sex* will **improve blood flow** and **boost testosterone** levels to give men increased sexual endurance, strength, and flexibility. Along the way, you'll discover how certain foods, herbs, vitamins, and supplements can dramatically enhance the effects of your workouts. *Built for Sex* includes:

- Sexual techniques and seduction strategies for hotter encounters
- A simple strength-training program that focuses on developing your sex-specific muscle groups for longer, more vigorous lovemaking
- The 19 essential guy-friendly foods for maximum sexual performance, endurance, and fertility



**Credentials:** As a writer specializing in men's health, Scott Hays has contributed articles to *Los Angeles Magazine*, *Men's Fitness*, *Muscle & Fitness*, *Men's Health*, and *The Los Angeles Times*. He is the author of *Built for Sex* (Rodale Press, Summer 2007), and the coauthor of *The Action Hero Body*, *Lifelong Fitness*, and *Heart to Heart*. For more information, or to read more about Hays' intriguing musings on health, visit [www.ScottHays.com](http://www.ScottHays.com).

**Availability:** Nationwide by arrangement and via telephone.

**Contact:** Scott Hays

[SHays123@aol.com](mailto:SHays123@aol.com)

[www.ScottHays.com](http://www.ScottHays.com)

949-306-3290

## Sample Interview Topics:

- 12 Ways Women Define Sex Appeal
- 16 Foods for a Fuller, More Satisfying Sex Life
- Herbs and Supplements, Vitamins and Minerals for Longer Love-Making
- 4 Pelvic Exercises for Stronger Thrusting Power
- The Ups and Downs of Penis Enlargement Techniques
- The 9 Sexual Positions You Never Learned in Sex Ed Class