

VIDEO  
REVIEW

BY WILLIAM MORAN

## The Bedroom WORKOUT For Men Better Sex Through Exercise

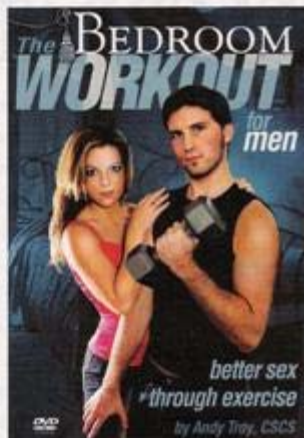
StratoStream

Sex may not be as physically demanding an activity as, say, running a marathon, but you'd be remiss to discount the importance of fitness in the bedroom. For one thing, you don't want to risk breaking something or dropping dead of a heart attack in the middle of the act. For another, if you're not currently intimate with someone, you'll have a much easier time rectifying this if you don't look like Jabba the Hutt.

Fair enough, you agree, but let's say you haven't set foot in a gym since the first President Bush was in office. What to do? Well, adopting any ol' fitness program would certainly be a step in the right direction, but why not go for a more personalized approach? If your sole reason for getting in shape is to have better sex, we've got the DVD for you.

*The Bedroom Workout for Men: Better Sex Through Exercise* is an innovative fitness program that combines flexibility, strength and endurance training – all geared specifically to the unique demands sex places on a man's body. The DVD is the brainchild of New York City-based personal trainer Andy Troy, C.S.C.S. Certified by the NSCA, NASM and ACE, Troy is a contributor to *The Running Times Guide to Breakthrough Running* (Human Kinetics) and a consultant to a number of video fitness programs. In *The Bedroom Workout for Men*, he treats sex like any other athletic goal, mapping out a no-nonsense game plan designed to help the viewer win.

Lest you think this is something better suited the adult section of your video store, nothing could be further from the truth. *The Bedroom Workout for Men* is a serious program grounded in research and fitness expertise, and presented in a discreet and spirited way. Sure, you might feel uncomfortable leaving the case out for Grandma to find, but the DVD itself contains no nudity or explicit material whatsoever. Like any other exercise video, it's aimed at the mainstream consumer of fitness and health-enhancing products.



And for the average Joe, the program certainly delivers. It offers exercises that can be done without special equipment, at home or while traveling, plus a full in-gym program of strength training and cardio. To ensure all resistance exercises are performed with the proper cadence, an on-screen progress bar accompanies each set of reps in real time – showing the positive, negative and isometric phases of movement. Each phase is prompted with a unique audio tone.

As Troy himself says, "Few things are as important to modern man as sex. Men are constantly bombarded with spam and advertising saturated with unrealistic promises to turn them into a sex machine overnight through drugs, surgery and all sorts of 'sexual secrets.' Meanwhile, the most crucial prerequisite to high masculine potency and self-confidence – solid physical conditioning – is being neglected." But after giving *The Bedroom Workout for Men* a viewing, you won't have to worry about that anymore. ★

*Editor's Note: The Bedroom Workout for Men: Better Sex Through Exercise* DVD is available for sale online at Amazon.com, in addition to Bedroomworkout.com.