

# Legends Gym

INTERACTIVE LIFE FORMS PRESENTS



- Introduction
- General Thoughts
- Manual Stimulation
- Rounding The Bases
- Brinkmanship
- Short Circuits
- Routines
- Goals
- Five Essentials

Inside this manual are tips, tactics, and techniques which, when used in conjunction with the STU, will assist your transformation into a sexual legend. Results will not come without persistence on your part, but if you are dedicated, you now have all the tools you need to improve your stamina and better yourself as a lover.

The road begins here...



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## General Thoughts

There are two obstacles hindering a man's ability to last longer in bed. First there is the incredible sensation of divine friction. Then there is your mind. While the STU can mimic the sublime, unmistakable sensation of intercourse, it cannot recreate the sounds, the intensity, or the passion of sex. However, just like the athlete who practices for hours a day by himself so that he will be ready to perform in a game, you can do the same. Learn the skills. Practice the techniques. Your body and mind will remember this training and when the moment arrives for you to perform, you will excel.



### A WORD ON TANTRA

Many of the tips, tactics and techniques offered herein are based in varying degrees from teachings of the Tantric Arts. This is not by accident. In looking for the best advice, the soundest philosophy, it is only natural to go to the greatest source. Over three thousand years of knowledge is compiled into their systems, and their writing is free of the guilt that has tainted Western views of sexuality. But most importantly they began just like any of us—as men with a desire to better themselves. Their performances made them Legends



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## Manual Stimulation

The percentage of women who can have an orgasm from intercourse alone is well under 30%. The problem simply being that there is not enough clitoral stimulation. That is why it is important to be able to take your 'Manus' which is Latin for 'hand', and simultaneously stimulate the clitoris concurrently with penetration. The motion for stimulation is generally a circular brushing of the clitoris. Depending on your position this is not always an easy thing to do. Practice different positions with your STU, and find which ones are suited for manual stimulation. You can combine this technique with any of the above routines, or any of your normal lovemaking rhythms. If you are gentle and smooth, 9 times out of 10, your efforts will be appreciated. For positions in which you are unable to reach the clitoris, try and help your lover feel comfortable about touching herself while you are inside her.



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## Rounding the Bases

When it comes to pleasing a lover, intercourse is only the tip of the iceberg. A solid knowledge of everything leading up to the sex will lay the proper foundation and make you more of a complete and well-rounded lover. Just remember, every minute you spend in experienced foreplay will pay it's dividend three-fold when it comes time for intercourse. Also, if you want to take the pressure off your performance, it is never a bad idea to give your lover an orgasm before you even begin!



A good percentage of women prefer oral sex to intercourse, so shhh... no more talking, your tongue has work to do. Surprisingly, in an informal survey of women conducted by Legend's Gym, well over half of the men giving oral were categorized as "having no clue what they were doing." This was followed by the resounding challenge, "It's not that hard, its only one spot!" To which was replied, "Right, and which spot was that again?" For those of you who need that question answered, it's the clitoris (that little hooded thing resting on the top of the vagina). The number one complaint was that men seemed to be getting lost, and were wandering all around the vagina like children separated from their parents at the mall. 'Would the child of Cun E. Lingus please return to the Clitoris? Thank You.' Now that we got that straight, here's what you do when you get there...

### THE KISS

Don't underestimate the power of a kiss.

### THE SECRET OF THE UPPER LIP

There is a meridian, or energy channel, that runs from the upper lip of a woman's mouth, directly to her clitoris. It is called the "wisdom conch-like nerve" and if you caress it with your lips, and tease it with your teeth, it will subconsciously stir her excitement. Which will subconsciously get her aching to have sex with you.

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## Brinkmanship

If you are to learn only one skill with your STU, this is it. Mastery of the art of brinkmanship is the single most effective and pleasurable technique for increasing sexual stamina. Literally, brinkmanship is the art of bringing yourself to the 'brink' and then back again, while remaining in control. A master of brinkmanship can either delay the impulse to climax as soon as it begins, or bring himself right up to the very point that one more stroke would put him over the edge. In either case, when he feels himself reaching the threshold (the brink), he begins a cool down mechanism.



The cool down can be one of 4 things...

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## Short Circuits

As it sounds, there are a few circuit breakers throughout the body that when pressed with enough force they manually prevent ejaculation. Learning to use them properly takes a little time, but once you are familiar, these can provide the ultimate emergency safeguard against any ejaculation before you are ready.

### MILLION DOLLAR SPOT

A long time ago a Tantric Master named Lu the Immortal discovered a place on the body that when pressed with adequate force would manually delay ejaculation for as long as required. He ordered his disciples to guard this secret closely, and made them vow never to reveal it to any outsiders. The legend goes that around the turn of the twentieth century a wildly wealthy American, (who will go un-named) was on a journey in Western china, home of the disciples of the legendary Lu the Immortal. He had heard of their abilities, and sought to learn the ancient ways in order to improve a modern problem of his own.



Most of the masters he encountered were taken aback by his loud and abrasive mannerisms, and if they told him anything, they spoke only in intentionally vague and mystical language. In one of these sessions in particular, a younger master (and by younger I mean in his early 60's) was repeating through a translator the fable of the cobra. "While coiled, the cobra is quiet and poised. But when he strikes he becomes vulnerable." The American had simply had enough. In a wild outburst he exclaimed, "God, Damnit, isn't there just some spot I can push!" A very old and wise master who had been sitting in the corner of the room broke into a very uncharacteristic smile. This caught the American's attention.

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## Routines

These represent a sampling of a few different stroke patterns employed by masters of the tantric arts. They are not for everyone, but for some they provide valuable structure and focus.

### THE TANTRIC TEN

This is a basic technique that is widely practiced by highly skilled Tantric masters across many different cultures. It is quite simple really, 9 shallow strokes, followed by one deep stroke. Repeat ad infinitum.



### WU HISEN'S 81

This practice is recommended by the legendary master Wu Hisen. It calls for a lot of counting, but if you can complete it, you are in the company of Legends.

3 shallow strokes followed by one deep stroke for 81 cycles.

5 shallow strokes followed by one deep stroke for 81 cycles.

9 shallow strokes followed by one deep stroke for 81 cycles.

### THE TIDE

For this routine imagine your favorite shoreline beach. Watch as the waves begin to mount far out at sea, slowly building, hitting a peak, and then slowly withdrawing back out into the calmer waters.

This is the rhythm you will be going for in this routine. Begin slow, long, soft strokes. The water is just beginning to gather its momentum. Continue but start to increase in depth and tempo, as a wave begins to form. Build more and more, a little faster, a little deeper. The water is beginning to crest.

The wave is high, strong, so are your strokes. Deep, long, but not fast. The water has reached its peak, its beginning to topple. RUMBLE, RUMBLE, RUMBLE, it rolls to the shore!!! Then slowly it draws back out as the waves again begin to mount.

Just like the sea itself, sometimes the waves come in sets, and sometimes the waves are slow, and don't mount very much at all. This routine provides a little more variety than the above mentioned, and is a favorite at Legend's.



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## Goals

These are goals and benchmarks to set for yourself while using the STU. Take out your timers and lets the testing begin. Your goal is to go longer than the allowed time and/or stroke count.

### BEGINNER

**(Stroke count: 400 / Time: 6:00)**

While it is tedious perhaps to count the strokes, like taking your pulse, if you count the amount of strokes in an average 15 seconds, and then multiply by four, you can figure out roughly the amount of strokes you have made. In the beginner workout, you should get used to psychological diversions and practice the different techniques of brinkmanship. Simply become familiar with all the possible techniques, and in no time at all (if you aren't already there), you should be able to hit a respectable 6 minute mark with ease.



### INTERMEDIATE

**(Stroke Count: 1200 / Time: 18:00)**

This is a challenging workout, and mastery of the intermediate level will propel you to an echelon of lovers found rarely in the world. Perfect your psychological diversions and master the short circuits. If you can hit the 18 minute mark, you will be among the elite.

### ADVANCED

**(Stroke count: 2400 / Time: 36:00)**

Can you say Legend? No? That's okay, because that's what she'll be saying to all her friends. You will need to use all of the techniques you can to reach this mark, but hey, that's what you've been practicing them for all along.

### TANTRIC MASTER

**Stroke Count: 5,000 / Time: ???**

This number has been informally set as the minimum for anyone wishing to call themselves a Tantric Master. If you make it to this level, write a book and send us a copy.



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## Five Essentials

You have put in the hours. You have learned the skills. Wu Hisen's 81 is not a problem. The million dollar spot is as familiar as a ten spot. You are ready for the game. Here are five essentials to remember when performing under pressure:



### 1 CONTROL YOUR MIND

It is said that it is the thought of ejaculation that brings one to it. The moment you tell yourself "oh no, I'm about to cum," it's already too late. So when you are making love, master your mind. Try not to allow negative thoughts to creep in.

### 2 STAY COOL

Heat and fatigue are the next biggest factors in expediting your climax. Try and stay cool, and if a position becomes too physically demanding, switch it up! One advanced technique for cooling your body is to breathe through your mouth with your tongue curled into slight U shape. Try it now. Feel how much cooler the air seems?

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