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Additionally, 99% of female respondents said they were going to try to achieve coregasm, with 69% of men saying they'd intentionally try to climax during a workout, based on data from the survey.

**Sexual self-care with 'Coregasms,'  
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A new book titled The Coregasm  
Workout: The Revolutionary Method for  
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the concept of women (and men, as  
well) experiencing an orgasm during

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their workout (referred to as a coregasm, because it stems from engaging the core during exercise). The book is authored by Debby Herbenick, ...

## **Heat Up Your Workout with a Coregasm Routine**

Men and women tend to experience coregasms in similar proportions — even

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though early studies focused on women — but the sensation of the experience varies for each sex, said Debby Herbenick, author of “The Coregasm Workout: The Revolutionary Method for Better Sex Through Exercise.”

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"Coregasm dapat disengaja dan spontan, tetapi lebih mungkin muncul setelah berhasil melemaskan otot tertentu. Dan seperti halnya seks, intensitas orgasme akibat olahraga dapat bervariasi ...

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Orgasm (from Greek ὄργασμός)

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orgasmos "excitement, swelling"; also (sexual climax) is the sudden discharge of accumulated sexual excitement during the sexual response cycle, resulting in rhythmic muscular contractions in the pelvic region characterized by sexual pleasure. Experienced by males and females, orgasms are controlled by the

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involuntary or autonomic nervous  
system.

### **Orgasm - Wikipedia**

Debby Herbenick (/ h ɜːr ' b ɛ n ɪ k / her-BEN-ik)) is an American author, research scientist, sex educator, sex advice columnist, children's book author, blogger, television personality,

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professor, and human sexuality expert in the media. Dr. Herbenick is a professor at the Indiana University School of Public Health and lead investigator of the National Survey of Sexual Health and ...

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