

Irexis Male Enhancement Pill Announces Exercise Tips for Better Sex

Irexis is a natural male enhancement pill is designed to enhance libido, promote sexual function and boost stamina.

NEW YORK, NY, USA, September 24, 2013

/EINPresswire.com/ -- Many lifestyle habits may cause a dip in libido hindering a man's [sexual function](#). Besides getting a good night's rest, eating nutritional well balanced meals and minimizing stress adding exercise to the mix is very important for several reasons. In addition to toning up and looking one's best, which is a huge confidence booster, exercise actually has some physiological [sexual health benefits](#) namely:



- Increases blood flow. Exercise promotes healthier arteries by increasing flexibility and making it easier for them to expand, allowing for better blood flow. A cardio routine will get the blood pumping. For men, the better the blood flow, the stronger the erection.
- Boost testosterone. Studies have shown that during the 48 hours after lifting weights, men's testosterone levels were highest. Staying fit can help keep testosterone levels from dipping. Additionally, weight training will help curb the pounds. The New England Research Institutes established that a man's waist size links with his testosterone levels; Finding showed a waist measuring 41 inches or larger was a better forecaster of low-T levels than overall weight.
- Exercise each day keeps the dysfunction away. Studies show that exercise can cause men to have sex more often. Harvard School of Public Health researchers found that men who exercised vigorously for 20 - 30 minutes daily were 30% less likely to report having erectile dysfunction than their sluggish counterparts. Other studies indicated men who exercised 3-4 times weekly for an hour enjoyed more frequent, more reliable, and more satisfying sexual activity.
- Improve Stamina and Flexibility. Men in better shape through exercise last longer in bed. Being strong and flexible with lots of endurance will intensify sexual performance. Men, who are not flexible enough, can strain themselves while being adventurous in bed. Strengthening exercises can contort the body. Keep muscles limber with yoga and Pilates.
- Look Good Feel Good Confidence. University of Arkansas researchers found that 90% of men who said they had a "much-above-average" fitness level also ranked their sexual desirability and performance as "above-average" or "much-above-average". In addition to exercising helping men to look good and feel good, exercising helps men get more in tune with their body and the

emotion in the moment.

Which exercises will get the most impact in the bedroom? Pushups, abdominals, and cardiovascular exercise of any kind are great ways to stimulate the sex life. Irexis-Direct.com suggests getting one's blood pumping regularly to reap the benefits for endurance, more strength to hold sex-positions, and flexibility to hold them comfortably. Some men may benefit from the added benefit of a daily male enhancement pill. Many bodybuilders are big fans of [Irexix male enhancement](#) pill; its formulation of natural herbs and extracts include ingredients known to enhance muscle tone, strength and energy.

- L-Arginine - a major source for nitric oxide synthesis, relaxes the blood vessels and improves blood circulation. It is thought to help to improve exercise performance because it is one of the components the liver uses to make creatine. Creatine supplementation has been thought to increase muscular strength, increase muscle size, and improve performance.
- Pumpkin seed- Myosin, an amino acid found in pumpkin seeds, is known to be essential for muscular contractions.
- Ginseng blend: A special blend of Siberian, American and Korean ginseng root is used to promote vitality and energy production
- Yohimbe Extract - in addition to its known sexual enhancer benefits, yohimbe helps to shed fat fast. Besides releasing fatty acids for weight loss, yohimbe is also thought to help increase nitric oxide production, which has been shown to burn more fat and promote muscle gain.

Irexix natural male enhancement is intended to help boost performance, stamina and energy in addition to revving the libido and enhancing erections. Find Irexis male sex pill at Irexis-Direct.com. [Click here](#) to learn more about the top trending male enhancement pills.

Irexix-Direct.com is a natural male enhancement pill is designed to enhance libido, promote sexual function and boost stamina.

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