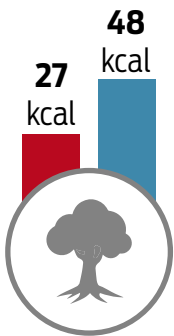


Sexercise: Facts & Figures

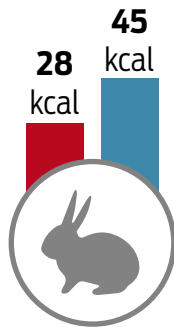


■ Woman
■ Men

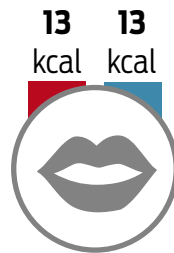
Calories burned during 10 minutes of sex



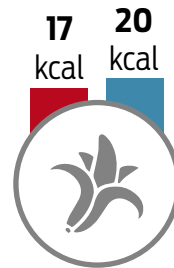
Standing



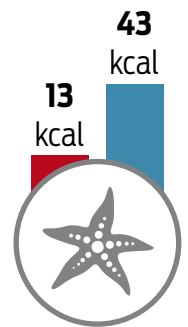
Rabbit ears
(legs up)



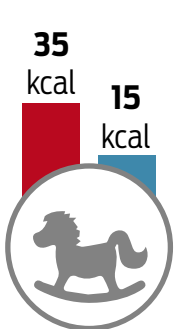
Kissing



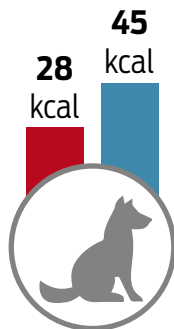
Oral sex



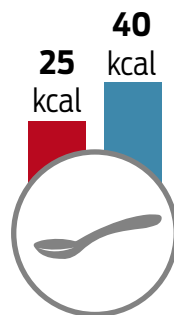
Missionary



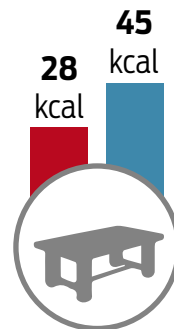
Cowgirl



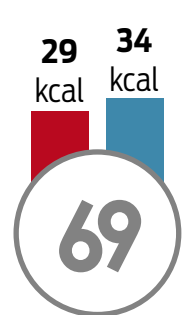
Doggy style



Spooning



On the table



69



Undressing
 8 calories in total



Orgasm
 60-100 calories
 per orgasm



Opening a bra
 (with one hand)
 18 calories total