

Physical intimacy with one's partner is an important fact of one's life and the concept of physical intimacy is as old as human existence. The quest for intense physical intimacy with one's partner has been sought after throughout the ages and has given birth to various concepts about the same.

In many places around the world, there is not a culture for instruction on intimacy so there is no methodology for practice and improvement.

Today it is such a toss up about what indicators create a good partner.

Earlier, it was a general notion that physical intimacy can be learned through watching porn, reading books on the subject, discussing with friends and investigating positions. We believe that unless there is functional training process to build muscle memory then whatever is being learned is actually temporary knowledge.

Physical intimacy is a skill like any other and in order to become proficient at any skill, you have to devote time to sharpening it. Once you have mastered a skill, you feel confident about you; after all you have something to flaunt about in the world. Every skill is respectable and increases your worth. The more you learn positive things, the more you feel confident about you, adding more to self-worth and self-respect. The world looks at you with respect and that further increases your confidence, making your life happy, content and peaceful.

To promote confidence and success STF has worked to create new concepts around sexercise. Taking the concept to a serious level it's a workout that engage and build the rhythm, strength and stamina to steadily increase ones sensual capacity.

The movements are all bodyweight driven and are analogous to dance as they are pervaded by the elements of rhythm and spontaneity. Instead of catering to isolated muscles; they work on various muscles in groups, thus making the exercise more effective providing balance, agility, flexibility, core stability and correct posture to the body as a whole.

These movements are taught incrementally and each come with detailed descriptions that outline how they might be used during intimacy and how to link them with other movements so ultimately when used within a relationship they are an expression of internal feelings and expression based upon a practical foundation.

With each and every workout people come to improve on existing skill sets and building on new ones as additions to their libraries. In understanding the inner sensual power that the person holds and the fit and strong body to match the interconnected ideals of mental relaxation, reorganization of your true self and positive body image / self-concept all are enhanced.

No matter what kind of sexercise that you participate in our findings have indicated that when it comes to sexual confidence there is nothing better. Additionally when it comes to fitness it is the only kind in the world where you see results the first day, or should we say first night 😊

What Exactly Does STF Include

So Tight offers over a dozen exercise movements you can engage from numerous positions in unison with 3 unique rhythm concepts. Strengthen your psoas, align your spine, revitalize your kidneys and replenish and maintenance your reproductive system while having fun.

So tight was developed with the intent of healing women through fitness and acting as a preventative fitness concept targeted at the reproductive system. We wanted to create an environment for women to strengthen and preserve these important areas outside of a doctor's office in and through a practice that is engaging, entertaining and beneficial in her real life as that is what would keep her consistent. Just as important is the idea that she share her STF experience with other women and through that process build community to ensure that if a doctor is needed that you have vocal supporters to motivate her to go.

For the most part women tend to just not think about their reproductive systems. They see the doctor annually for the basic check-up, when they are ill, or when there is a major problem but for the most part that is about it. The male dominated health field still lacks an understanding of the complexities of the female body and thus, information about keeping things in top shape and healthy is rare. They understand the female reproductive system, do not get us wrong on that, but they tend to view it as a self-contained system within the woman's body and not something that can affect the entire body or even their mental health.

Let us elaborate. If something is wrong, they see a doctor and have the issue addressed at that point. If a problem is found, then steps are taken to get rid of the problem and because a female's reproductive organs are inside the body, these steps are usually invasive. Doctors often educate patients on how to have a healthy body to prevent disease.

For example, somebody who is heavier is told to lose weight to prevent heart problems and high blood pressure. Athletes are taught to stretch so that they can exercise without injuring themselves. However, why do doctors not educate women on how to stay healthy and prevent both illness and injury by

ABOUT TRAINING STF

The So Tight Fitness workout program that improves women's sensual and physical abilities while acting as maintenance for reproductive health.

STRUCTURE

The course is DIY (Do It Yourself) but we suggest working with a group of friends. Having someone working with you to motivate you to stay consistent can and will improve your results.

THE STRUCTURE: So Tight focuses on Mastery. Mastery within STF means that a S.T.R.O.K.E has been successfully registered into your Muscle Memory and can be done effortlessly and maintained over an extended period of time. Mastery would mean you can also perform variations of a S.T.R.O.K.E and link them to others smoothly.

HOW WE BUILD MASTERY

S.T.R.O.K.Es are essentially made up of various elements. Our process is to teach each element and make you comfortable with each piece. This is so that there is an inherent ease to learning S.T.R.O.K.Es that are simply linking the elements together in different sequences.

LEVELS:

At each section of the program you are adding new S.T.R.O.K.Es into your arsenal of skills along with the strength and muscle endurance to use them successfully. There are various difficulties of S.T.R.O.K.E and the program works in a rising action taking you higher in difficulty and teaching you elements that you will need to learn more complex movements.

SENSUAL APPLICATION

Although the STF S.T.R.O.K.Es are taught in a fitness/exercise format each has a direct and specific use and effect within a sensual situation with a partner. We communicate how to use STF S.T.R.O.K.E.S in two different ways.

1. Descriptions : The sensual application of each stroke is defined along with the fitness description when the STF S.T.R.O.K.E is introduced.
2. SKILLS Videos : A clothed model demonstrates the S.T.R.O.K.E on a male partner.
3. Adult Analysis : An Adult film example of the stroke is demonstrated within a sex scene +18 only.

GOALS

Daily you will receive a workout from STF in your email box. You can choose to workout daily or choose a schedule that best fits you doing routines on a day or days that best fit your schedule. We also have GOAL TRACKS. These are additional add ons that you can piece onto your STF Routine to focus on one of the following areas:

- WEIGHT LOSS
- TONING
- MUSCLE GAIN

NUTRITION

We suggest that you move toward a balanced diet and away from excess in sugar and salt. We offer several diet options that work great with STF in order to get the most out of the program. All nutritional advice is just our opinion and a suggestion, you can practice STF without a diet or taking our nutritional advice.

Stretching

Beginning Position: Sit on the floor or tangle with your legs folded in front of you, fit as a fiddle with the soles of your feet together. Sit as upright and tall as you could be allowed. Keep your head straightened with your spine. Place your hands on the top of your feet.

Engage your abdominal muscles to stabilize your spine. Exhale and gently bend forward from your hips. Do not round the back.

Place your elbows against the inside of your thighs and carefully push the thighs downward. Keep the back flat and your head aligned with your spine. This should create a stretch through your inner thighs.

Continue to press downward to the point of tension in the stretch, but do not bounce or push to a point of pain.

Hold this position for 15 - 30 seconds, and then relax by returning to starting position. Repeat 2-4 times. You may choose to grasp your ankles to hold this position.

Stretching Variation

This stretch can become more dynamic by performing slow, controlled movements to complete 1 set of **5 - 10** repetitions, holding the stretched position for **1 - 2** seconds.

To maximize the benefits of a stretch and reduce the potential for injury, it is important to stretch only to the point of tension, avoid bouncing, and control movement at other segments of the body.

So Tight Fundamental Movements

So Tight uses modifications of the following core fitness elements to create its unique tightening exercises

Lunge

The lunge is a terrific training exercise for the entire leg region. It is very effective for the legs and the butt. Lunge caters to various muscle groups simultaneously. It is a weight training exercise that is used to strengthen the quadriceps muscles, gluteal muscles and the muscles comprising the "hamstrings", the semitendinosus, the semimembranosus, and the biceps femoris..

To perform the lunge, the individual stands with their feet shoulder-width apart, and then steps forward, landing with the heel first. The knee should be at 90 degrees and directly above the toes, not further. The motion is continued until the back knee is nearly touching the ground. The individual then returns to his or her starting position by driving upward with the front leg.

Benefits of the lunge exercise

- Works the quadriceps and hamstrings
- Works the glutes
- Develops balance and stability
- Works large muscles, thus burns more calories
- Strengthens the knee
- Develop better posture
- Can be done almost anywhere (no gym equipment)

Plank

Plank is a very good exercise for a total core workout. This exercise is one that not only works your strength but will also call into play your muscular endurance.

The Plank is a yoga abdominal exercise that's not only a great upper stomach exercise to work your upper abs, but it's also effective to work all your abs muscles--including your lower abs and core!

Plank pose is well-known for its challenge to the core and stabilizing muscles. One of the great benefits of developing these muscles is that they support rest of the body. Plank will benefit you most, and keep stress out of your neck and back, if you build up to doing the full version by securing the stabilizer muscles first.

There are numerous abdominal exercises one can perform to develop the tone and size of one's abs. Everybody has heard of sit ups and crunches which are good in their own rights, but the plank abdominal exercise is rated as one of the top 10 Abs exercises one can perform. So, one can simply throw away the fancy abs exercise gadgets and gizmos and rather concentrate on plank exercise.

Benefits of the Plank Exercise

This exercise can be performed anywhere one needs is a floor mat and one is pretty much good to go. The Plank works the abdominals muscles, back, legs and arms. Although this exercise looks easy to perform, one will soon see that it is much harder than it looks.

How to Perform the Plank

- * Place the mat on the floor and lie face down on your forearms.
- * Now lift yourself up using your forearms / elbows as if performing a standard push-up.
- * Keep your back, hips and legs straight and tense your abdominal muscles.
- * Hold this position until your hips begin to sag.
- * Rest and repeat the exercise.

If you are a beginner you can hold this position for 10 seconds and then rest and repeat. You will soon be able to hold the position for much longer using this exercise on a regular basis. You will also be able to perform variations in the plank exercise. The variations in the plank exercises are the stability ball plank which work the muscles harder and the side plank which works the obliques.

Bridge

The Bridge Pose is also known as Setu Bandhasana which means construction of a bridge. It came from the words “setu” meaning bridge, “bandha” meaning lock, and “asana” meaning posture. Setu Bandhasana is effective in promoting relaxation and reducing stress. The legs and the hips do most of the work which helps in rejuvenating tired feet.

How to do Bridge pose

STEP 1: Lie on your back with your knees bent, feet together. Keep your arms on your side, palms on the floor.

STEP 2: Lift the hips towards the ceiling, keeping your feet and palms flat on the floor.

STEP 3: Maintain your position in Step 2 and move your arms over your head.

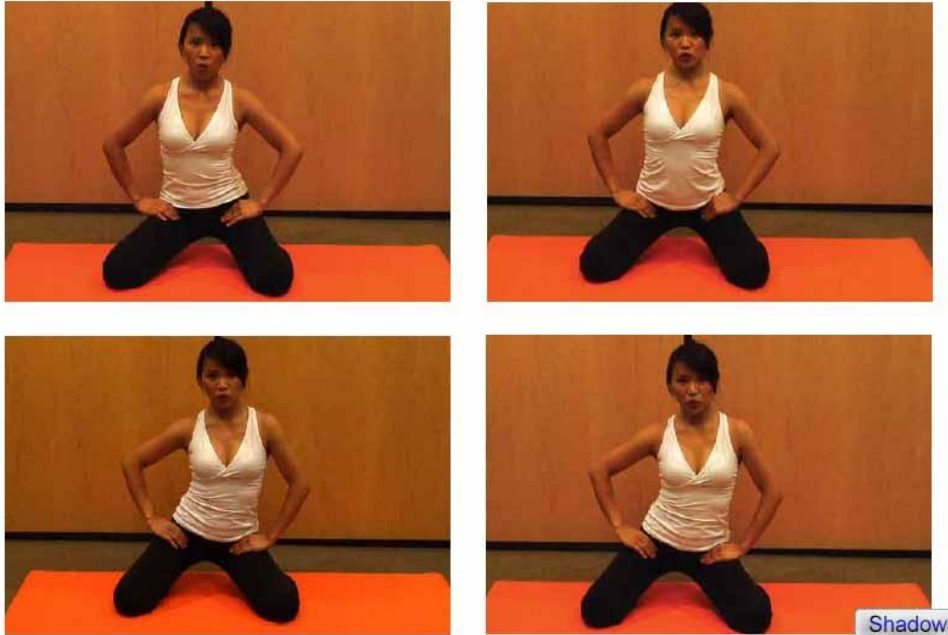
If practiced, Setu Bandhasana tones the system by its effects on the spinal column. You can use props in doing this posture, like a chair, pillow, or anything to support your back or your legs as you stretch.

Benefits

- Stretches the chest, neck, and spine
- Calms the brain and helps alleviate stress and mild depression
- Stimulates abdominal organs, lungs and thyroid
- Rejuvenates tired legs
- Improves digestion
- Helps relieve the symptoms of menopause
- Relieves menstrual discomfort when done with support
- Reduces anxiety, fatigue, backache, headache and insomnia
- Therapeutic for asthma, high blood pressure, osteoporosis and sinusitis

Special Auxillary STF Elements

Sitting Wine



The Wine

The Sitting Wine Develops pectoral muscles and hip flexors, with ancillary benefits to the glutes and quads and core as a whole. There is a reason why the wine is a movement that is foundational to feminine movement around the world.

The hips should move in a circular motion. It should track in a pattern centralized at or around the crotch level. Your pelvis can be directly aligned or slightly off as long as your back stay straight and your balance is maintained.

There are many versions of the wine within the STF system.

Special Auxillary STF Elements

Lateral



The Lateral

The Lateral Develops pectoral muscles and hip flexors, with ancillary benefits to the glutes and quads and core as a whole. The Lateral is a bedroom move that creates an intense Lateral push is the movement of the glutes in left-right manner.

Put your hands on the ground Isolate your hips. Keep your knees bent on the ground. Move your abdominal muscles with a focus on your butt. Push left and right and feel your love handles squeeze and release.

Keep your posture straight. Push again your tummy forward. Go in a fast manner this time to maximize muscle tension. Get the strength in your butt to push left and right with your abdominal muscles.

Special Auxillary STF Elements

Sitting Butterfly



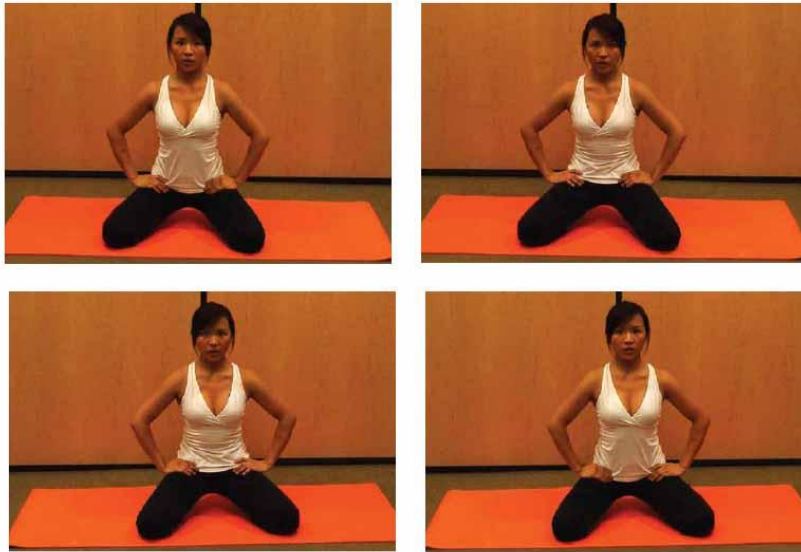
The Butterfly

The Butterfly Develops pectoral muscles and hip flexors, with ancillary benefits to the glutes and quads and core as a whole.

The Sitting butterfly as a bedroom move creates a wild free feeling combined with a great view. The Butterfly is an excellent movement because it gives the partner a pulsing gripping action that can be thrilling. To throw some extra spice into this movement there are many variations of the butterfly liket the pop.

Put your hands on the ground behind you. Isolate your hips. Keep your feet flat on the ground. Move your abdominal muscles in conjunction with your thighs and legs with a focus on your butt. Push forward

Push / Grind



Push / Grind

Almost all PUSH / Grind variations concentrate mainly on your hips, psoas, and abdominals

Whether standing or on your knees, put your hands in your waist.

Keep your posture straight.

Isolate your hips.

Keep your stomach sucked in and your legs or feet flat on the ground.

Use your abdominal muscles, push with your pelvis on each try, focus, clench your butt. Then do the same movement in reverse.