

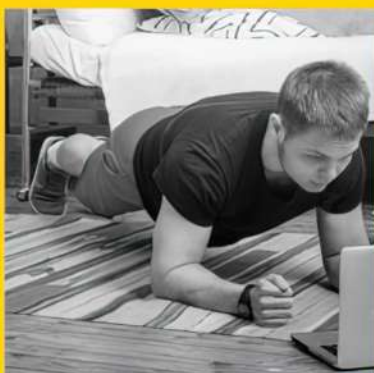
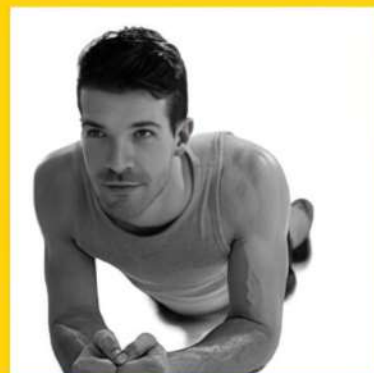
SST LEVEL *One*

Training

Physique

KeyStrokes

Breathing



ZENITY ARTS

Zenity

"Understanding sexuality in a singular manner signifies a limited comprehension thereof.

Achieving mastery as a proficient lover involves acquiring diverse methodologies and integrating them with a deep understanding of both oneself and one's partner.

By leveraging this knowledge, individuals can customize their sexual performance, ensuring each encounter is distinctive, novel, and optimized to suit the preferences and needs of both individuals involved."

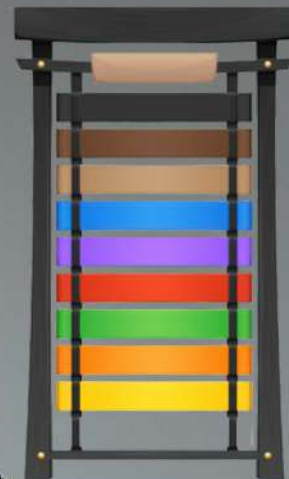


WHAT IS ZENITY

Zenity is a martial art, for fighting "Sexual Sameness" the #1 cause of infidelity the world over.

Like all martial arts at its core Zenity is a practice in self-mastery, it educates practitioners on their sexual super power and their ability to wield it with their own unique body, size and shape the exact same way that say karate or jujitsu adapts and allows you to wield a defense mechanism to your unique form.

Through practicing Zenity one build's their physical, mental and connective capacity like a Ronin yet it is the sexual physique that becomes herculean armed with STROKE Skills one applies intelligently with the purpose of extending their appreciation and affection for their partner



When Training Zenity, the exact same movements that one practices for strength and stamina will also empower strong erections, pelvic floor health and grow an arsenal of orgasm stimulating artisanal internal massaging patterns, code named, STROKE: Sexually Tactile Rhythmically Organized, Kinetic Exercises.

These are the most devastating sexual applications ever conceived, and they are fail proof and 100% proven to work (more on that later). Through training Zenity, practitioners do more than just learn to perform them, no, instead they are molded to the very shape, style, personality and intent of the sexual warrior. They are then emboldened by adjacent Stroke Skills (similar to weapon forms in martial arts) like sexual geometry, sexual rhythm, Blooming, breathing strategies and focal defense.

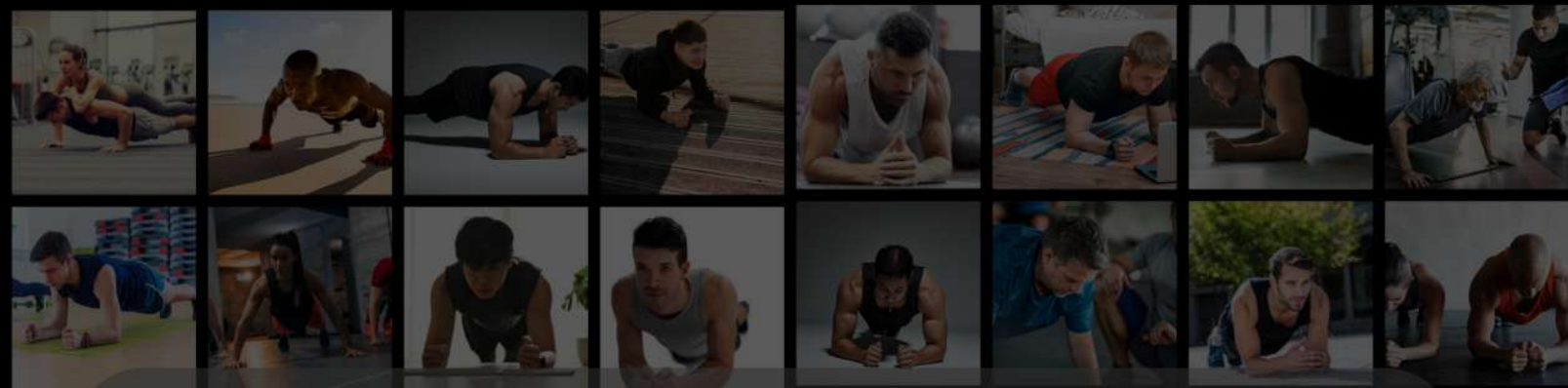
We're not just talking about one or two of these things. No, we're talking about an arsenal full, a sexual war chest stocked with the most intuitive, comprehensive technology ever devised for pleasure generation.



What Is S.S.T

Sexual Strength Training

SST is, a ground-breaking new course created to improve your sexual performance and the first stage/Belt in the S.T.R.O.K.E System. This training gives you the best mental and physical workout possible by fusing the advantages of aerobic exercise with the mastery of sexual techniques.



The Zenity SST program's patented methodology for teaching coitus as a high art incorporates originally fashioned exercises (Key Strokes) and places them in a conventional aerobic framework to develop muscle memory and sexual endurance simultaneously for the purpose of enhancing one's partner's your capacity to respond to your partner's unique rhythm, pacing, and sexual sensitivities so to meet their current and future expectations and wishes.

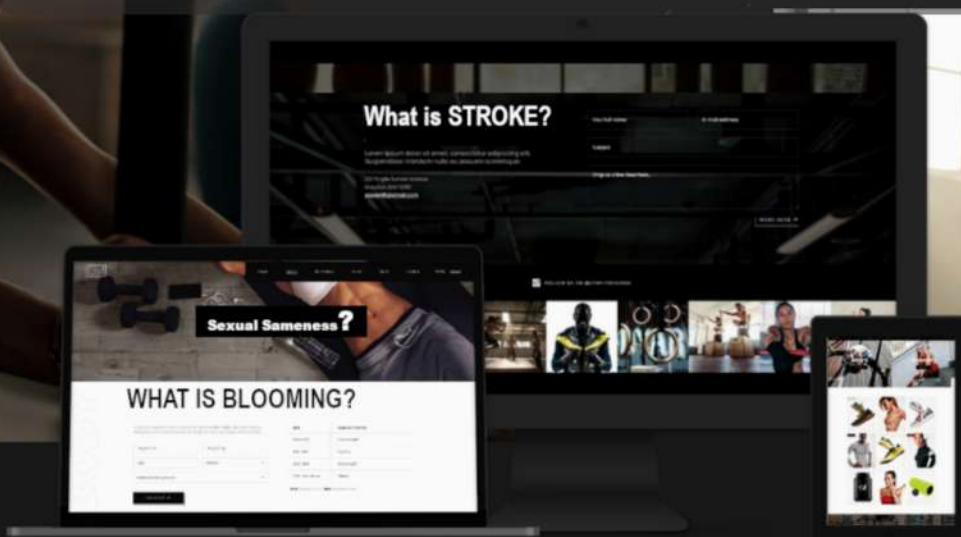
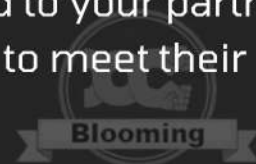
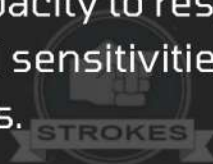




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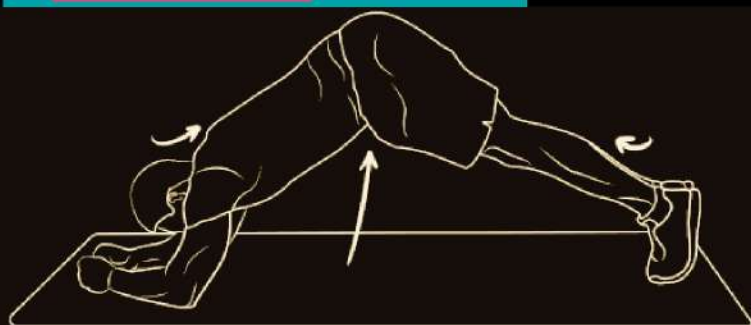
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Zenity

SST

Sexual
Strength
Training

What Is S.S.T

Sexual Strength Training **Level One**

Level one : The Path to Mastery:

Unleashing Your Full Potential with the SST and STROKE Programs

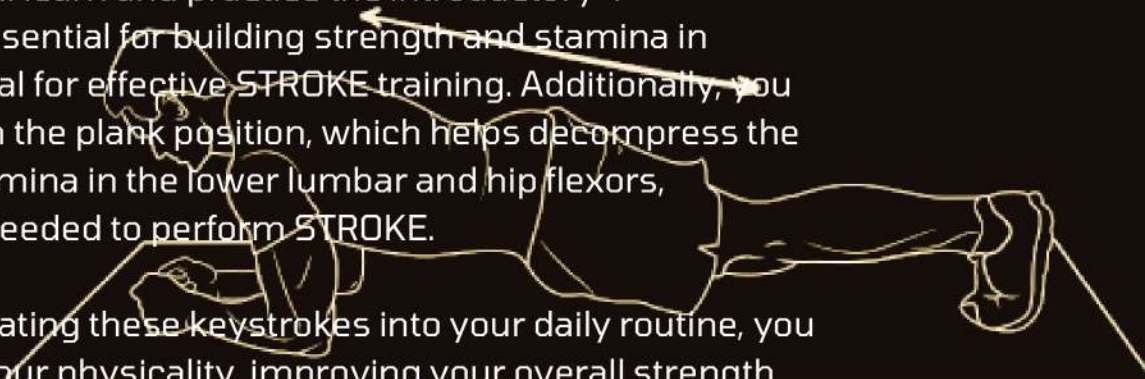
Welcome to a transformative journey towards mastering your sexual strength and elevating your intimate experiences. In this book, we will delve into the groundbreaking Sexual Strength Training (SST) program and its seamless integration with the STROKE program, designed to empower you with unparalleled physical prowess and intimate connection.

The SST program is a comprehensive system that operates on the principle of building strength, stamina, and technique through a progressive series of levels. By diligently following this structured approach, you will unlock your latent potential, enhancing both your physicality and intimacy.

Level 1 serves as the bedrock of the SST program, focusing on building strength and stamina in key body parts essential for the STROKE program. Through the mastery of the introductory 4 keystrokes and the incorporation of the plank position, you will cultivate a daily training habit, laying the groundwork for future growth.

During this stage, you will learn and practice the introductory 4 keystrokes, which are essential for building strength and stamina in specific body parts crucial for effective STROKE training. Additionally, you will become familiar with the plank position, which helps decompress the psoas and increases stamina in the lower lumbar and hip flexors, preparing the muscles needed to perform STROKE.

By consistently incorporating these keystrokes into your daily routine, you will gradually enhance your physicality, improving your overall strength and endurance. As a result, you will experience increased confidence and satisfaction in your intimate experiences.



WHY DO WE TRAIN SST?

SST Why



Level 1 sets the stage for the transformative journey that lies ahead. By investing time and sweat into building your sexual physique, you actively invest in your relationships and self-confidence. This level serves as the foundation upon which your sexual mastery will be built, allowing you to unleash your full potential for pleasure, connection, and personal growth.

SST LEVEL 1 GOALS

- Introduction to the keystrokes of SST and development of a daily training habit
- Memorize the introductory 4 keystrokes through practice & repetition
- Familiarization with functional movement from the plank using the psoas, lower lumbar and hip flexors



SST incorporates various other physical and mental training techniques, such as cardiovascular exercise, breath control, and visualization, to support sexual stamina, pelvic motility, intended to improve your precision and intentionality during sexual contact.



How To Train S.S.T

Sexual Strength Training Level One

It's a 6-minute-a-day exercise program that helps to strengthen the pelvic floor, empower the psoas and hip flexors, amplify one's sexual stamina and gain total mastery over the lower lumbar, back, legs and hips specifically for engagement in coitus while also developing healthy reproductive blood flow and erection maintenance.

If you've been struggling with premature ejaculation and erectile dysfunction... and you're tired of the pills... the pumps... and the numbing creams... this system was designed for you.

And it works regardless of.....your size ...your age ...your level of confidence
...your track record in bed...or your health.

At Zenity its simple: Practice Makes Pleasure

All you'll have to do is pick one of them to do for 3 minutes in the morning and another to do for 3 minutes in the evening to start seeing results – fast.

~IN AN NUTSHELL~

It is a series of 5 extremely simple exercises that any guy can do in just 6 minutes a day to get long-lasting erections and orgasm control

It's really that easy.

Before Starting : BE AWARE of the revolutionary journey you are embarking on...

The Key Strokes practiced as a white belt in Zenity act as the building blocks for all of the STROKES unlocked as a practitioner rises in comprehension, capacity and rank. Just as a judoka through tossing classmates daily can throw someone 3x their weight, or a Karateka throwing thousands of chops per lesson can easily blast through boards..

Zenity initiates become 4x as good in missionary, quadra and standing positions, able to decipher the orgasmic code of partners like a pro boxer deconstructs the style of his opponent. Practice and application of theory gives practitioners insight into a whole new realm of neruo-muscular process: **Sexual Intelligence.**

SST Knowing Your Self



SEXUAL STRENGTH TRAINING

It is important to note that although these SST Key S.T.R.O.K.Es are not meant to be used by themselves as sexual techniques IT IS IMPORTANT YOU KNOW ABOUT YOUR TOOL *your penis* The Key S.T.R.O.K.Es are building blocks that form the foundation of the S.T.R.O.K.E (Sexually Tactile Rhythmically Operative Kinetic Exercises) method and to be effective knowing and appreciating your body is imperative. By understanding the benefits of your unique internal massage tool you will come to understand how to build your SST Training into S.T.R.O.K.Es. You will be able to intuitively understand how to master the operation of your own form to deliver S.T.R.O.K.Es effectively in your own unique style with your own unique and special body.

This program is centered on knowledge of self, as only through it will you learn to respond to and deliver the sensations that a woman wants to feel during coitus.

Realizing your unique style attributes is step one.

Use the chart below to get familiar with the gifts you were given with your special shape.

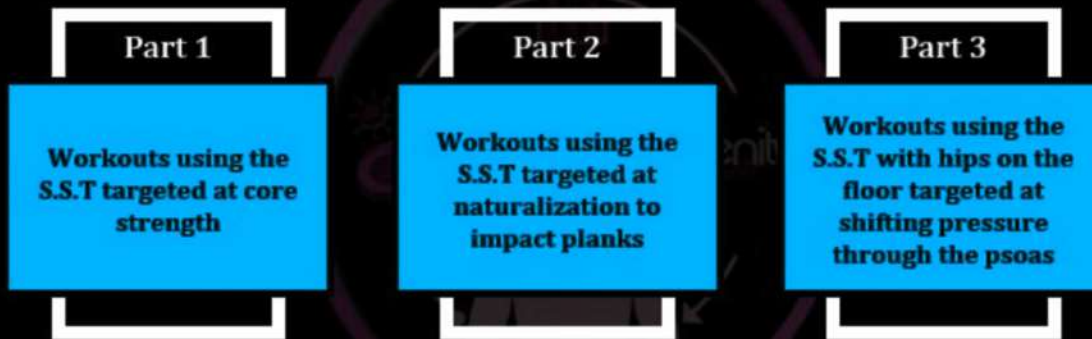


S.S.T - Sexual Strength Training

01

Step 1 Goals:

To generate an ability to control one's core strength and knowledge of bodyweight manipulation.

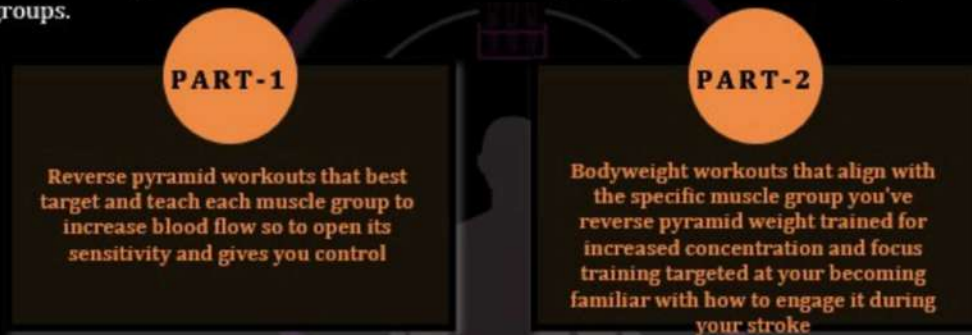


S.S.T - Sexual Strength Training

02

Step 2: Neuro Sexual Recruitment : Goals:

To use conventional gym exercises to help an individual to gain greater control over the operation of their muscle groups.

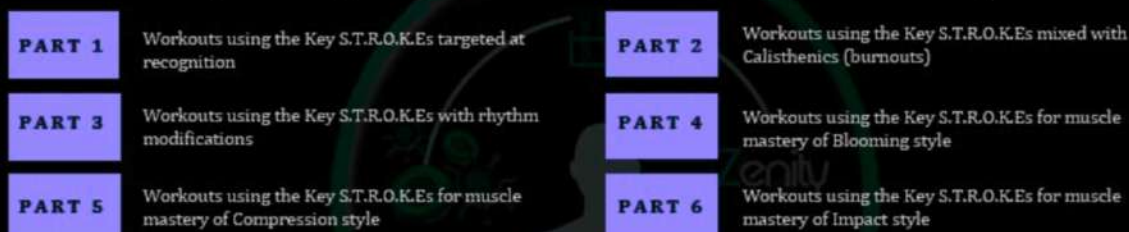


Mindset: During all exercises individual should be focused in on the body part that the specific exercise is engaging , sensing feeling and experiencing the total muscle control over that area

S.S.T - Sexual Strength Training

03

Step 3: Neuro Sexual Coordination Goals: To generate muscle memory regarding the operation of Key S.T.R.O.K.Es To generate apprehension of one's unique movement limitations & strengths



Mindset: During exercises individual should be concentrating on naturalization and adaptation of the Key S.T.R.O.K.Es and any secondary rhythm or style into one's unique movement system. Performance of Key S.T.R.O.K.Es from memory should also unlock an understanding of which exercises align best with one's unique body type and style. By wrote operation of the Key S.T.R.O.K.Es and the self critique are important as the advanced STROKE internal massage techniques are comprised of Key S.T.R.O.K.Es. Furthermore, an understanding of which STROKES are best for an individual to learn rests on their understanding of their unique movement system and strengths. During all exercises individual should be focused in on the bodypart that the specific exercise is engaging , sensing feeling and experiencing the total muscle control over that area

S.S.T - Sexual Strength Training

04

Step 4 : S.T.R.O.K.E Rhythm Training: Goals: To generate muscle memory regarding the operation of perpetual strokes To generate an ability to rejuvenate ones energy while staying in motion

PART-1	PART-2	PART-3	PART-4
Workouts to build muscle memory needed to perform base strokes	Workouts to teach the breathing techniques needed to rejuvenate during base strokes	Workouts (burnouts) to build the ability to perform base strokes when fatigued	Workouts that use the Base Strokes in various rhythm sequences.

Mindset: During Rhythm training workouts the focus is first on mastering the base stroking procedures and secondarily on breath, rhythm and endurance. The muscle memory connected to performance of the Base Stroke should also intersect with the Base Stroke's breathing methods. The exercises and breathing technique should be trained in tandem with concentration on naturalization and adaptation of the movements and rhythms there in. Rhythm is a mental and physical and sexual state of being that branches out into a foundation that all other STROKE are launched from. Training steps in Neuro Sexual Recruitment and Neuro Sexual Coordination come into play as an individual in knowing his own body and movement style will gravitate to one or more Rhythm Base Strokes which will ultimately set the structure for his advanced stroke selection as he progresses. Self critique is important as one memorizes the performance of the Base Strokes.

All Strokes (internal massages) require an individual to mold it to themselves so that they learn to perform it in the best way as it concerns their unique body. For one to be able to rejuvenate during Rhythm one must be able to relax comfortable in their performance Furthermore, an understanding of which STROKES are best for an individual to learn rests on their understanding of their unique movement system and strengths

S.S.T - Sexual Strength Training

05

* KEY S.T.R.O.K.E.s Combination Training

Preparation for Sexual Physique Analysis and entry into the S.T.R.O.K.E Program (Sexually Tactile Rhythmically Organized Kinetic Exercises)

Goals:

- To generate muscle memory regarding the operation of S.T.R.O.K.E Rhythm
- To naturalize the KEY S.T.R.O.K.E.s to one's own body type and physical attributes
- To successfully sequence KEY S.T.R.O.K.E.s into Combinations from memory

PART 1	Workouts to build muscle memory needed to master Advanced Strokes	PART 2	Workouts to train breathing techniques needed to perform Rhythm Training
PART 3	Workouts (burnouts) to build the ability to perform Advanced Strokes when fatigued	PART 4	Workouts that use the Key STROKES in various rhythm sequences
PART 5	Workouts that combine Key Strokes	PART 6	Workouts that combine Breathing Techniques, Rhythm Training and Key STROKES

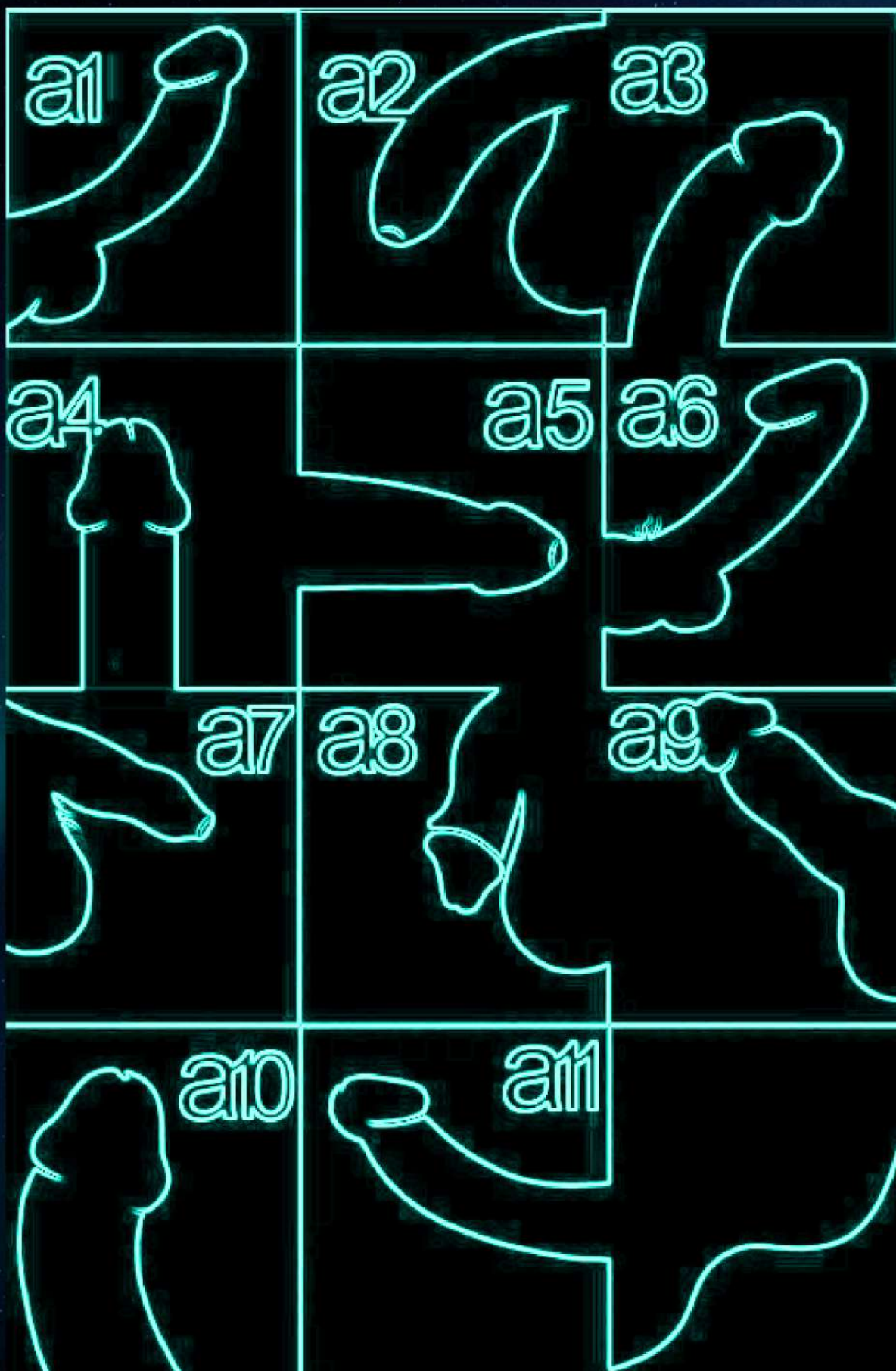




Zenity

PShapes

The basis of Training SST is
knowledge and appreciation for
ones self and one's tool



A man's Pinga, his tool, don't just come in different shapes. They come in a variety of lengths and thicknesses, too. This is wonderful because it informs you of which STROKE Elements you will naturally be more effective with and through that which S.T.R.O.K.E Skills you should focus the most on perfecting.

Additionally, you will learn how you can to modify other S.T.R.O.K.E Skills to make them take advantage of your unique attributes and your personal style. Regardless of the combo you're working with, knowing yourself can make any S.T.R.O.K.E Skill pleasurable.



This penis curves slightly upward, at least when it's erect. Orgasms aren't the be-all and end-all of partnered sex, but having the upward curve provides an automatic angle advantage by making it easier to stimulate a spot that is being targeted

Best S.T.R.O.K.E Elements: A1 style will naturally benefit from stroke Skills that use Angling especially from the missionary position

A2

The curved downward penis is just as it sounds: a penis that, when hard, has a slight downward curve, it has an automatic angle built into its design

Like your upward counterpart, your curve also gives you an edge when it comes to reaching the hot spots that run along the front wall of the vagina.

The key to making the most of the curve is flipping your partner(s) around to get you closer to those pleasure spots.

Best S.T.R.O.K.E Elements: A2 style will naturally benefit from STROKE Skills that use Angling especially from reverse missionary or quadra.

A3

This type of penis has a noticeable curve to the right. If you or a partner is rockin' a curve, a willingness to experiment with different angles will help you find what works for everyone.

Positions that allow you to work the curve toward the front wall of the vagina give you the same hot-spot advantage as those with this shape.

Best S.T.R.O.K.E Elements: A3 style will naturally benefit from STROKE Skills that use Angling especially from side position



A4

The straight penis maintains pretty much the same shape from shaft to head. With no angles b you need to built in you need to train your hips so that you can create them and develop muscle memory around your pelvic motility so that you can identify what angles are being created with which alterations of your hips.

Best S.T.R.O.K.E Elements: Both Angling and Rocking are open to you if you can master your pelvic motility.

A5

This penis is thicker at the base and narrows as you get closer to the head, giving it a cone shape. Like all shapes, this one's got some solid perks. The narrower head makes for easier entry, and a wider base provides more stimulation the deeper you go.

Best S.T.R.O.K.E Elements: You want to really learn many STROKE Skills that incorporate Thrusting into them the gradual stretching sensation you can naturally create would be an asset to these STROKE Skills.





A6

A6 is long and thin with a much larger head, has all the makings of an excellent massage tool. The extra girth at the tip stimulates the vaginal, creating friction that'll feel good for both.

Best S.T.R.O.K.E Elements: *If you invest in mastering STROKE Skills that involve a lot of retreat and entry at the shallow stages of the vagina, you'll find that the stretching sensation your head causes will be a crowd favorite.*

Don't you dare knock the compact stature, solid talent in the hips can turn A7 into a raw pleasure generating powerhouse it is made to focus on the area with the most pleasure sensors in the vagina. This one is a mover, learn to move it and win!

Best S.T.R.O.K.E Elements: Your strength is the ability to leverage your bodyweight to apply an amount of pressure at the sensor laden vaginal opening that only a couple other types can manage. STROKE Skills that have rocking elements in them should be the ones that you put the most time into mastering.



A8

This style is just thick enough to cause natural friction and pleasure on entry and just long enough to massage any wall with efficient accuracy. A mover and a shaker great hips and legs turn a8 into a pressure-generating monster.

Best S.T.R.O.K.E Elements: By using simply your bodyweight as a lever you are able to apply frictive pressure at the sensor laden vaginal entrance and your natural girth creates a stretching sensation and relaxation on your approach and retreat. Spend the most time perfecting your STROKES that include Rocking and Thrusting STROKE Elements.

A9

You are even with a well balanced circumference across the features of your tool. You are naturally adaptable for most strokes so you have your pick of the litter. See a style that looks cool, jump out there and try it.

Best S.T.R.O.K.E Elements: Since every kind of STROKE Element will be equally available to you, if you had to choose, the STROKE Skills that would benefit you greatest incorporate Rocking and Angling together in different sequences would be the best choice. STROKE Skills that combine these two STROKE Elements emit the greatest variation in sensation and they require far less energy than Thrust/Angling combinations which can deliver an equivalent amount of variation in stimulation. Women LOVE variation at the arousal stage of their sex cycles.





A10

At the longer and thicker end of the penis spectrum this style has to often spend longer in the Arousal section of the sexual response cycle so to acclimate a partner to the stretching sensation that occurs with every kind of engagement with this style of tool. Women find this style very pleasurable if attention is paid to the build up to full penetration.

The key to making the most of it is to pay keen attention to the reactions of your partner and respond deliberately but slowly. It is also a good idea that when doing your diario you are practicing your Key Strokes with your hips in the air to normalize the sensation of stroking with a majority of your length outside of your partner's body while you train your responses to their reactions

Best S.T.R.O.K.E Elements: *Your ability to relay a stretching sensation deep within your partner is your greatest asset, and since Angling is very difficult to perform at the depths of the vagina, you want to master as many S.T.R.O.K.E Skills that incorporate Rocking STROKE Elements as you can. Additionally, throughout the process the receiver have more control, if you do they will adjust to the depth where your S.T.R.O.K.E feels best, once you have that you will be one to talk about to her friends.*



A11

Long and passable in your style and concept, you can apply depth without pain (for women who do not like it) your style is very popular with women.

Best S.T.R.O.K.E Elements: You are built for S.T.R.O.K.E Skills that incorporate Angling elements you can use your body as a lever to use the head of your tool to massage points that other style brush past or can't reach. Your work will be in locating those spots ensuring that you spend a considerable amount of time in the Arousal state of her sexual response cycle engaging in the Blooming process so that she is fully primed and all of her spots are fully engorged making it easier to sense them using the head of your penis. If you do this, from there it's just Angling toward each one using different S.T.R.O.K.E Skills until you find the one that feels the best, and you stay there.





Zenity

Sexual Physique Types Level 1

The Foundation of Training SST is
loving your body type and
maximizing its natural
supersexual superpowers for
Enhancing Physical Fitness,
Bedroom Skills, and
Women's Satisfaction



WHAT IS THE SEXUAL PHYSIQUE?

What S&S.T

Lowerbody Driven
Ectomorph



Core Driven
Mesomorph



Upperbody Driven
Endomorph



Sexual Physique Development using Zenity

Sexual Strength Training GRAPHIC

In the world of Sexual Strength Training (SST) and the STROKE program, we recognize the importance of individuality and personalization when it comes to developing your sexual physique. One crucial aspect of this customization is understanding body types and how they influence your strengths and abilities in intimacy.

Body type classification was pioneered by WH Sheldon, a renowned psychotherapist, and psychologist. He introduced three specific body types that women typically fall into Ectomorph, Mesomorph, and Endomorph. Each body type brings unique characteristics and attributes to the table when it comes to intimate encounters. Let's explore these body types and their implications for sexual performance.

- **Ectomorph:**

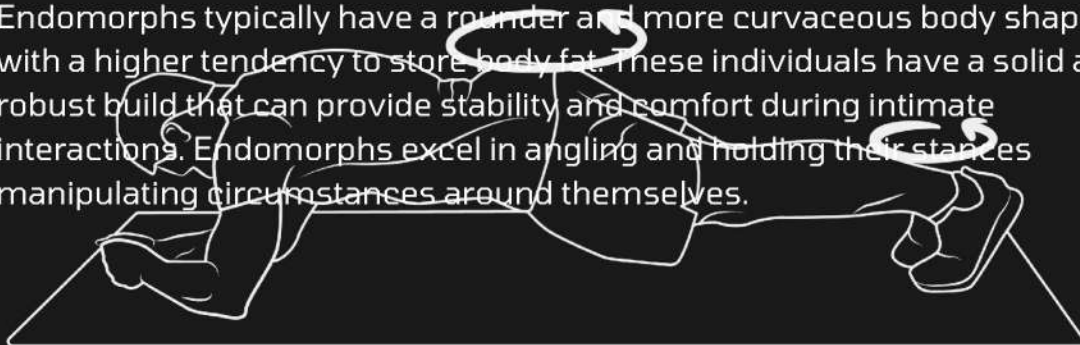
Ectomorphs tend to have a lean and slender physique with long limbs and fast metabolism. Examples of Ectomorphs include athletes like Sugar Ray Robinson and Sugar Ray Leonard. These individuals often excel in agility, speed, and endurance. In the realm of intimacy, Ectomorphs may find their strengths lying in fluid movements, versatility, and precision.

- **Mesomorph:**

Mesomorphs possess a well-built and muscular body structure. Boxers like Floyd Patterson and Mike Tyson are examples of Mesomorphs. They have a natural predisposition to gain muscle and exhibit powerful and explosive movements. Mesomorphs often must choose a style to focus on as their athleticism and equally capable form allows them to engage whichever style they decide on.

- **Endomorph:**

Endomorphs typically have a rounder and more curvaceous body shape with a higher tendency to store body fat. These individuals have a solid and robust build that can provide stability and comfort during intimate interactions. Endomorphs excel in angling and holding their stances manipulating circumstances around themselves.



Sexual Physique Development using Zenity

Sexual Strength Training GRAPHIC

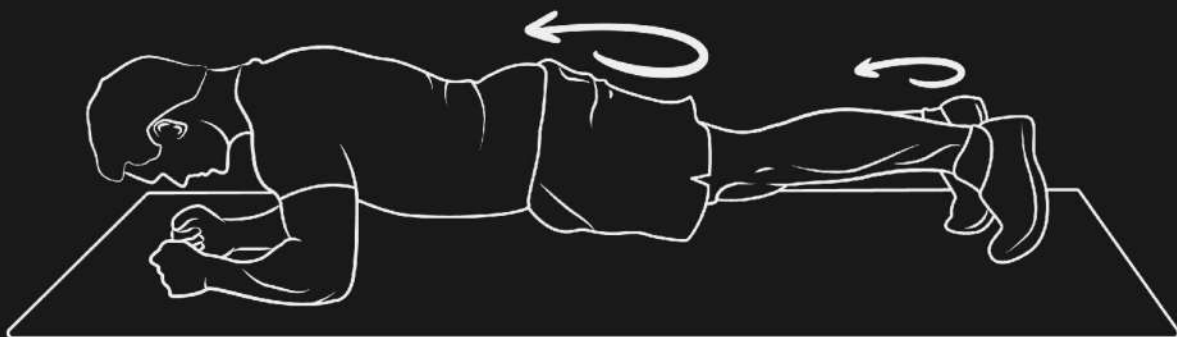
While these body types serve as a starting point for understanding your innate characteristics, it is important to remember that your potential goes far beyond these classifications. The key is to delve deeper into what your specific body type brings to the table and how you can leverage it for maximum pleasure and satisfaction.

Just like boxing legends Sugar Ray Robinson and Sugar Ray Leonard, who both had different strengths within a similar fighting style, and Floyd Patterson and Mike Tyson, who recognized their individual abilities within the peekaboo style, you too have the opportunity to explore and customize your own style in the realm of intimacy.

In this journey it is of key importance to capitalize on your unique strengths. By recognizing your body type, understanding your appendages, and leveraging your innate abilities, you can begin to customize your approach and build a diverse arsenal of skills to bring any woman to climax in the bedroom.

Remember, the body types act as a launching pad, but your exploration and investigation into your own capabilities will take you far beyond that. Embrace this opportunity to go deeper, discover your true potential, and enhance your intimate experiences.

SST is invested in helping practitioners to explore specific training techniques and exercises tailored to each body type, allowing each to develop your sexual physique and unlock the full potential of their intimate encounters. Get ready to embark on a journey of self-discovery, customization, and pleasure as we delve into the world of Sexual Strength Training and the STROKE program.



Sexual Physique Development using Zenity

Sexual Strength Training GRAPHIC

Acknowledging the significance of embracing individuality recognizing the diverse body types and their profound impact on one's unique strengths and tailoring one's sexual physique is paramount.

Sexual Physique Type

ENDOMORPH

ENDO

Many endomorphs have a pear-shaped physique, and losing weight can be a challenge. However, don't underestimate the incredible benefits of your body structure and large joints. Here's where your biggest attributes as an endomorph come into play—the capacity for internal massage. Sex itself is an internal massage, and it's through stroke skills that you can truly understand how to massage and relax your partner toward orgasm.

Endomorphs, are often misunderstood and unfairly judged in matters of sex and intimacy, it's time to rise above these misconceptions. Just because you may not see many endomorphs in adult films or receive the same level of physical attraction from women as other body types, doesn't mean you lack the ability to excel in the realm of pleasure. It's time to prove the naysayers wrong and add stroke skills to your arsenal. Your style as an endomorph is less about flashy displays and more about potency. Take the time to explore techniques that utilize your belly, such as focused breathing during strokes that apply pressure to her clitoris and compress her vaginal walls. These techniques can make you feel immense and provide a unique wall-riding, wall-stretching experience.

Stop trying to imitate other body types. Here's the truth: a dog fights like a dog, not like a bear. Avoid getting caught up in trying to mimic the performance seen in pornography or indulging in passive activities like watching TV. Embrace the attributes and qualities unique to your endomorph body, and utilize them to your advantage. It's time to recognize that you have something to prove, and this conversation is specifically for you, the endomorphs.

Your unique massage techniques and strokes set you apart as an endomorph. Due to limited mobility in your hips and lower regions, your strokes naturally focus on specific areas and aspects of your partner's vagina. It's important to learn a variety of strokes and master spot location.



Sexual Physique Development using Zenity

Sexual Strength Training GRAPHIC

Acknowledging the significance of embracing individuality recognizing the diverse body types and their profound impact on one's unique strengths and tailoring one's sexual physique is paramount.

Sexual Physique Type

ENDOMORPH

ENDO: Spot location is the key to Sure Locking—a technique where you use your strokes to find her pleasure spots. Once you've found the spot, you enter your power zone as an endomorph. As an Endomorph, your body type offers unique advantages when it comes to physical and sexual experiences. By understanding the specific techniques and strokes that work best for you, you can provide sensational massages and deliver pleasure like no one else. In this article, we will explore how your limited mobility in the lower body can be transformed into an opportunity to excel in the art of sensual massages and enhance your partner's pleasure.

- **Localized Strokes for Targeted Pleasure:**

Endomorphs have limited movement in their hips and lower regions due to carrying weight in those areas. However, this limitation can be turned into a strength when it comes to sensual massages. By focusing on specific areas and aspects of your partner's vagina, you can use a combination of localized strokes to create intense pleasure. Avoid random strokes and instead, strategize and discover the strokes that provide the most pleasure when applied locally.

- **Sure Locking: Discovering Pleasure Spots:**

Sure Locking is a technique that allows you to find your partner's pleasure spots using your strokes. Once you have identified these spots, you can position your penis around them and experiment with different strokes while observing your partner's reactions and movements. Pay attention to her behavior and kinetics to identify the strokes that massage her in the right way. Your body's limited mobility will naturally focus on these pleasure spots, resulting in heightened pleasure and powerful orgasms.

- **Control and Consistency for Ultimate Pleasure:**

Being good in bed is not solely about explosive strokes or physical appearance. It's about your ability to control and deliver pleasure consistently. Women appreciate a partner who can navigate her pleasure zones and execute the strokes she desires.



Sexual Physique Development using Zenity

Sexual Strength Training GRAPHIC

Acknowledging the significance of embracing individuality recognizing the diverse body types and their profound impact on one's unique strengths and tailoring one's sexual physique is paramount.

Sexual Physique Type

ENDOMORPH

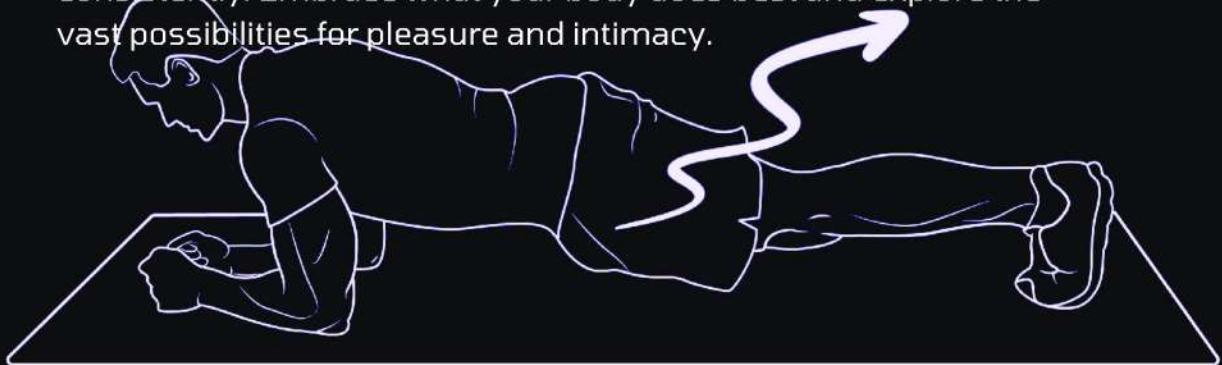
ENDO:

As an Endomorph, your style may be less flashy but more potent. Master the art of consistency and focus on using the strokes that resonate with your partner. Give her the pleasure she craves by massaging her into orgasm through your deliberate and consistent movements.

- Utilizing Your Body's Unique Techniques:

Your endomorph body offers techniques beyond traditional strokes. Explore techniques involving belly movements and controlled breathing to apply pressure to her clitoris and compress her vaginal walls. These techniques, such as wall riding or wall stretching strokes, can make you feel larger inside her and intensify the sensations. Embrace your body's natural abilities and find what works best for both you and your partner.

As an Endomorph, you possess inherent qualities that can elevate your sensual massages and sexual experiences. By embracing your body type and focusing on localized strokes, discovering pleasure spots, maintaining control and consistency, and utilizing unique techniques, you can provide unparalleled pleasure to your partner. Remember, being good in bed is not about flashy moves; it's about understanding your partner's desires and delivering them consistently. Embrace what your body does best and explore the vast possibilities for pleasure and intimacy.



Sexual Physique Development using Zenity

Sexual Strength Training GRAPHIC

Acknowledging the significance of embracing individuality recognizing the diverse body types and their profound impact on one's unique strengths and tailoring one's sexual physique is paramount.

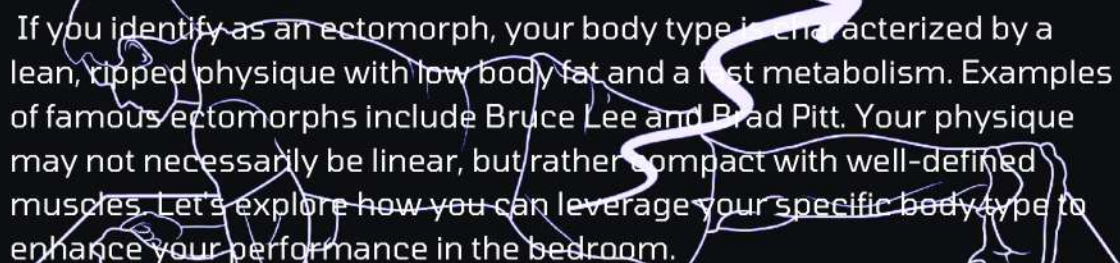
Sexual Physique Type

ECTOMORPH

ECTO:

Ectomorph Sexual Physique Checklist

1. Ripped and fast: Enjoy a lean and athletic physique.
2. Efficient metabolism: Sustain stamina and performance during intimate moments.
3. Long limbs and mobility: Explore various positions with ease.
4. Coital alignment: Engage both the clitoris and G-spot effectively.
5. Fine-tuned muscle control: Master precise stroke skills for maximum pleasure.
6. Versatile angling: Apply pressure and stimulate different areas for pleasure.
7. Maneuverability in tight spaces: Excel in intimate encounters with limited room.
8. Break the rules: Ectomorphs can explore unique and unexpected stroke techniques.
9. Practice for hammer strokes: Develop the ability to provide internal orgasms.
10. Pressure application: Learn to generate real pressure for intensified pleasure.



If you identify as an ectomorph, your body type is characterized by a lean, ripped physique with low body fat and a fast metabolism. Examples of famous ectomorphs include Bruce Lee and Brad Pitt. Your physique may not necessarily be linear, but rather compact with well-defined muscles. Let's explore how you can leverage your specific body type to enhance your performance in the bedroom.

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Sexual Strength Training GRAPHIC

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Sexual Physique Type

ECTOMORPH

ECTO:

1. Mobility: One of the significant advantages of being an ectomorph is your mobility. Your ability to move and position yourself during intimate encounters is crucial. Coital alignment, a technique that aligns your body to engage the G-spot and clitoris during intercourse, can be highly pleasurable for both you and your partner. Due to your flexibility, you can adjust your body to align with your partner's anatomy, ensuring that every stroke stimulates the clitoris effectively.

2. Angling and Pressure: Ectomorphs tend to excel in angling and applying pressure within limited spaces. This skill becomes particularly useful when you find yourself between your partner's legs or in situations where movement is restricted. Your ability to maneuver and perform various titillating strokes can be difficult for other body types to replicate. You have the advantage of exploring and breaking the boundaries of traditional stroke skills by utilizing your body's maneuverability.

Imagine possessing the physique of iconic figures like Bruce Lee or Brad Pitt—ripped, fast, and with low body fat. That's the power of being an ectomorph. As an ectomorph, your body is finely tuned, boasting compact, lean muscles and a hyperactive metabolism. Don't let anyone tell you otherwise—your physique is anything but linear. It's time to harness your natural gifts and revolutionize your performance in the bedroom through the incredible training method known as SST (Sexual Stamina Training).

So, let's dive in and discover how your unique ectomorph body can be a game-changer in the bedroom. First and foremost, your mobility is a force to be reckoned with. Picture this: coital alignment. If you haven't heard of it, Google it right away. It's all about aligning your body to engage both the G-spot and the clitoris with every stroke.



Sexual Physique Development using Zenity

Sexual Strength Training GRAPHIC

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Sexual Physique Type

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ECTO:

And here's where your ectomorph status becomes a secret weapon—you have the agility to position yourself in ways that ensure optimal alignment, regardless of a woman's vaginal tilt or orientation. Each stroke becomes an artful dance of pleasure, with every movement maximizing the stimulation of both the clitoris on the in-stroke and the clitoris on the exit stroke. It's like turning on a supercharger that ignites the entire experience. Your mobility gives you an unmatched advantage, allowing you to unlock a whole new realm of possibilities.

But that's not all—your ectomorph physique excels at angling. In those tight, intimate moments, you possess the ability to apply pressure to various walls and surfaces by leveraging your body's tilt within that confined space. Think about it—between her legs, in close quarters—your ectomorph build comes in incredibly handy. You can maneuver and perform tantalizing strokes that others can only dream of. You're not bound by the limitations that come with stroke skills in specific positions. Ectomorphs have shattered those boundaries time and time again, exploring strokes in positions that were once considered impossible. You're fortunate to possess such versatility.

Being an ectomorph grants you incredible physical advantages, but it's up to you to unlock their full potential. Embrace SST training and tap into your body's natural skill set. Train your endurance, build strength and flexibility, and master the art of seduction. Push your boundaries, explore new techniques, and strive for excellence in the bedroom. Your mobility, agility, and ability to apply pressure in various positions open up exciting possibilities in the bedroom. By incorporating SST training, mastering stroke skills, and maintaining a healthy lifestyle, you can unlock your full potential as an ectomorph and become a true powerhouse of pleasure. Embrace the journey, unleash your superpowers, and enjoy the incredible experiences that await you.



Sexual Physique Development using Zenity

Sexual Strength Training GRAPHIC

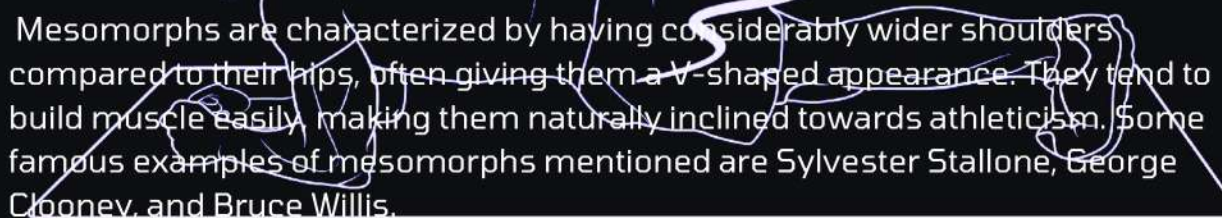
Acknowledging the significance of embracing individuality recognizing the diverse body types and their profound impact on one's unique strengths and tailoring one's sexual physique is paramount.

Sexual Physique Type

MESOMORPH

MESO:

1. Mesomorphs possess a muscular inclination that enhances stroke skills.
2. Their balanced body structure allows for precise and varied strokes.
3. Precision strokes, such as those in the wave stroke series and misdirection stroke series, are unique to Mesomorphs' abilities. These strokes combine various techniques to massage a woman's inner areas with new sensations.
4. Unlike other body types, Mesomorphs can incorporate transitional strokes more frequently due to their muscular frames. This opens up a whole new sequence of stroke skills, providing women with entirely different and mind-blowing experiences.
5. Mesomorphs' muscular dexterity enables them to perform these movements repeatedly, adding consistency to the sensations they deliver.
6. Mesomorphs possess the ability to apply seamless pressure during lovemaking by shifting the weight in their hips and utilizing their upper body strength. This allows for softer strokes and the option to increase pressure when needed, showcasing their natural muscular balance and dexterity.
7. To further enhance their skills, it is recommended that Mesomorphs explore and incorporate a wide range of strokes. This experimentation will help them discover their full potential and identify the strokes that work best for them and their partner.
8. Mesomorphs should be mindful of control during sexual encounters. Their considerable power and strength can unintentionally cause discomfort or pain to their partner. Paying attention to her body



Mesomorphs are characterized by having considerably wider shoulders compared to their hips, often giving them a V-shaped appearance. They tend to build muscle easily, making them naturally inclined towards athleticism. Some famous examples of mesomorphs mentioned are Sylvester Stallone, George Clooney, and Bruce Willis.

Sexual Physique Development using Zenity

Sexual Strength Training GRAPHIC

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Sexual Physique Type

MESOMORPH

MESO:

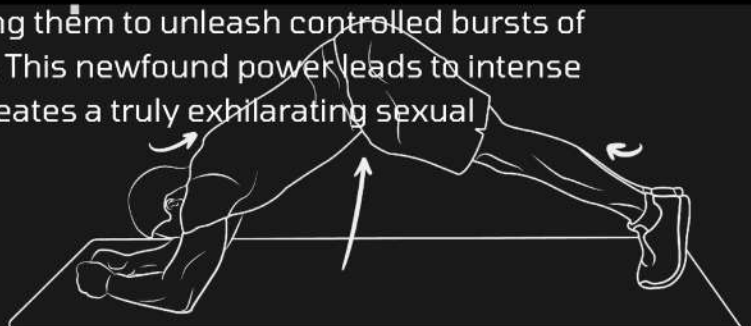
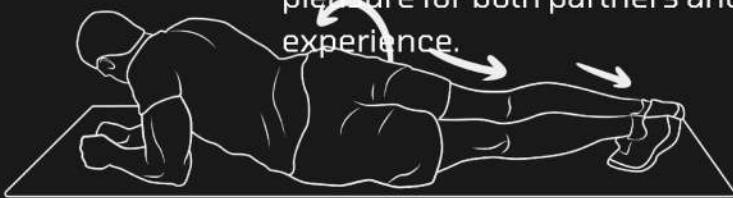
Mesomorphs are not only admired for their impressive physical appearance but also for the incredible sexual benefits that come with their genetic makeup. With their naturally athletic and muscular bodies, mesomorphs have the potential to take their sexual experiences to extraordinary heights. In this article, we will delve into the exciting world of SST (Sexual Skill Training) and explore how mesomorphs can tap into their full sexual potential through this specialized training program.

- **Unleashing Stamina and Endurance:**

Mesomorphs are known for their exceptional stamina and endurance, thanks to their well-built bodies and efficient cardiovascular systems. However, with SST training, mesomorphs can further optimize their endurance, allowing them to engage in passionate and prolonged lovemaking sessions without experiencing fatigue or a decline in performance. SST incorporates a range of exercises, including cardiovascular workouts, strength training, and flexibility routines, all of which contribute to enhancing stamina and maximizing staying power.

- **Harnessing Explosive Power:**

The explosive power that mesomorphs possess is not limited to their physical activities but extends to their sexual prowess as well. SST training provides mesomorphs with the tools to channel and utilize their innate power in the bedroom. By engaging in resistance training exercises such as weighted squats and deadlifts, mesomorphs can strengthen their muscles, enabling them to unleash controlled bursts of power during intimate moments. This newfound power leads to intense pleasure for both partners and creates a truly exhilarating sexual experience.



Sexual Physique Development using Zenity

Sexual Strength Training GRAPHIC

Zenity Music is a style of music that incorporates specific rhythms and beats to enhance and synchronize with different stages of sexual activity, providing a structured and immersive experience.

Sexual Physique Type

MESOMORPH

MESO:

- Optimizing Body Composition:

Mesomorphs already have an advantage when it comes to body composition, boasting a higher muscle-to-fat ratio compared to other body types. Nevertheless, SST training takes their physique to the next level. By incorporating targeted workouts focused on muscle development and fat burning, mesomorphs can achieve a more sculpted and defined appearance. This not only boosts their confidence but also enhances their sexual attractiveness and self-assuredness, leading to more gratifying sexual encounters.

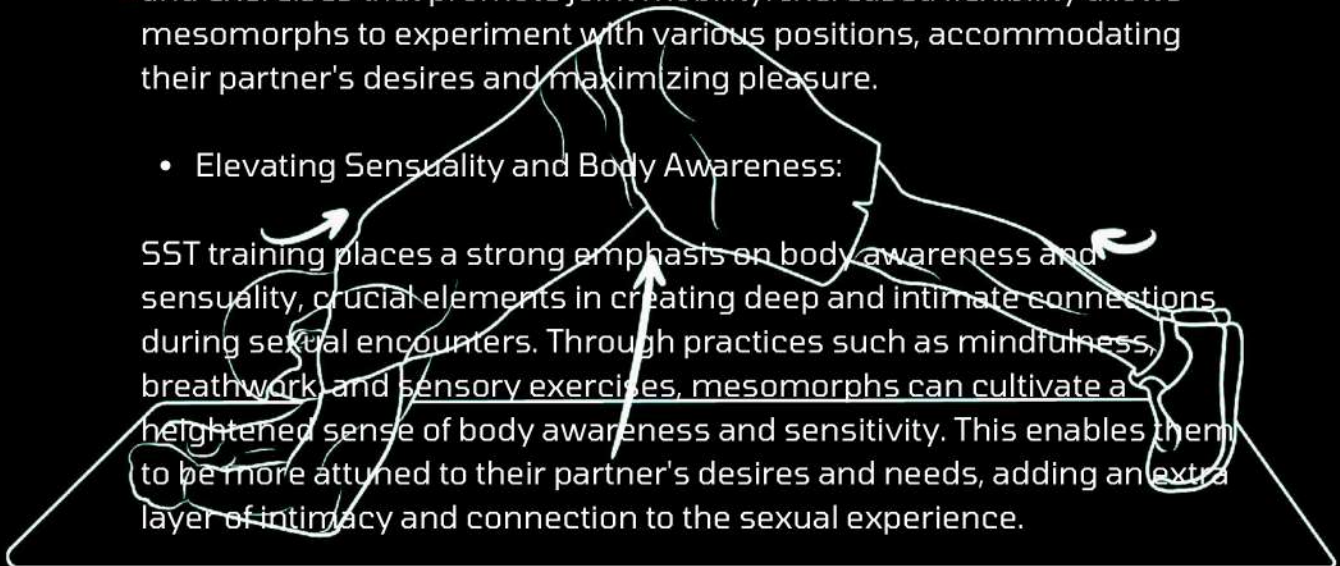
- Enhancing Flexibility:

Flexibility plays a vital role in exploring a diverse range of sexual positions and movements. While mesomorphs tend to possess good flexibility due to their muscular and well-balanced physique, SST training can further improve their flexibility through specific stretching routines

- and exercises that promote joint mobility. Increased flexibility allows mesomorphs to experiment with various positions, accommodating their partner's desires and maximizing pleasure.

- Elevating Sensuality and Body Awareness:

SST training places a strong emphasis on body awareness and sensuality, crucial elements in creating deep and intimate connections during sexual encounters. Through practices such as mindfulness, breathwork and sensory exercises, mesomorphs can cultivate a heightened sense of body awareness and sensitivity. This enables them to be more attuned to their partner's desires and needs, adding an extra layer of intimacy and connection to the sexual experience.



Sexual Physique Development using Zenity

Sexual Strength Training GRAPHIC

Acknowledging the significance of embracing individuality recognizing the diverse body types and their profound impact on one's unique strengths and tailoring one's sexual physique is paramount.

Sexual Physique Type

MESOMORPH

MESO:

- Precision Strokes and Acrobatic Techniques:

Mesomorphs possess unique advantages in their stroke game due to their muscular frame and balanced body. The combination of strength and balance allows them to perform precision strokes and acrobatic techniques with ease. While most individuals use specific strokes sparingly, mesomorphs can incorporate advanced strokes, such as wave strokes and misdirection strokes, as part of their consistent repertoire. This ability to deliver different sensations and movements consistently sets mesomorphs apart, creating mind-blowing experiences for their partners.

- Utilizing Pressure and Creating Friction:

Mesomorphs, with their naturally shaped bodies, have the advantage of being able to shift weight and apply pressure strategically during sexual encounters. This skill allows them to add and release pressure, creating friction that intensifies pleasure for their partners. The ability to generate considerable pressure against the walls and create heat through friction enhances the orgasm and intensifies the waves of pleasure that wash over women. Just like the powerful undertow created by hot water rising from below the surface of the ocean, the added pressure against her walls generates the friction needed to ignite the waves of pleasure.

Mesomorphs, with their muscular dexterity and balanced physique, possess the ability to deliver this heightened sensation consistently, taking their partner's pleasure to new heights.

By optimizing their stamina, harnessing their explosive power, refining their body composition, enhancing their flexibility, and embracing their sensuality, mesomorphs can create extraordinary sexual experiences for themselves and their partners. Their muscular frame and balanced body allow them to incorporate precision strokes, acrobatic techniques, and strategic pressure, providing unique and exhilarating sensations that set them apart from others. Mesomorphs have the power to deliver pleasure on a whole new level.



Zenity

KEY STROKES Level 1

The Foundation of Training SST for
Enhancing Physical Fitness,
Bedroom Skills, and
Women's Satisfaction

What Are The Key S.T.R.O.K.E.S For S.S.T Level 1

Sexual Strength Training

Goals

•	Introduction to the key elements of SST and development of a daily training habit
•	Learn and practice the introductory 4 keystrokes
•	Focus on building strength and stamina in specific body parts essential for effective STROKE training
•	Familiarization with the plank position to decompress the psoas and increase stamina in the lower lumbar and hip flexors
•	Preparation of muscles needed for STROKE performance



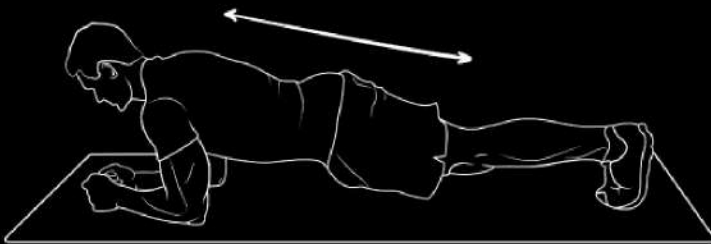
What Are The Key S.T.R.O.K.E.S For S.S.T Level 1

Sexual Strength Training

SST uses rhythm to understand the stages of female orgasm and customize strokes for heightened satisfaction.

Stroke Skills Elementals Dip

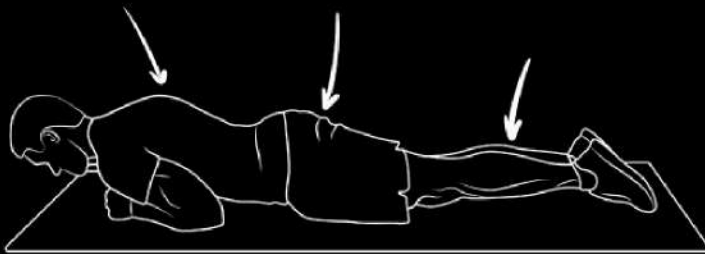
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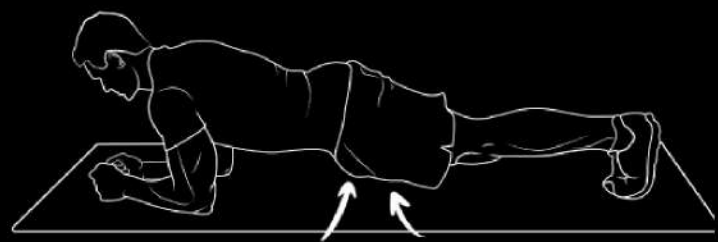
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KEYSTROKES

DIP



Stroke Skills



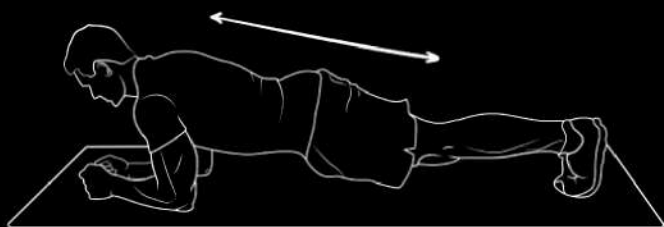
What Are The Key S.T.R.O.K.E.S For S.S.T Level 1

Sexual Strength Training

Repetitive SST exercises develop muscle memory for instinctive stroke techniques, allowing focus on nonverbal cues and deepening connection with partners.

Stroke Skills Elementals Core Whip

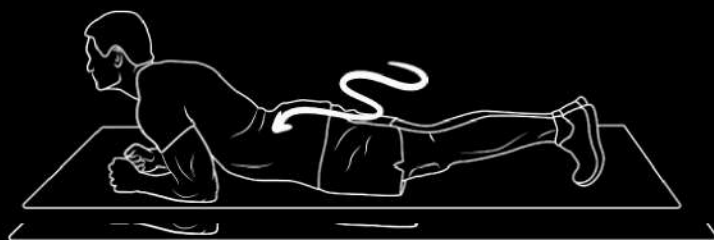
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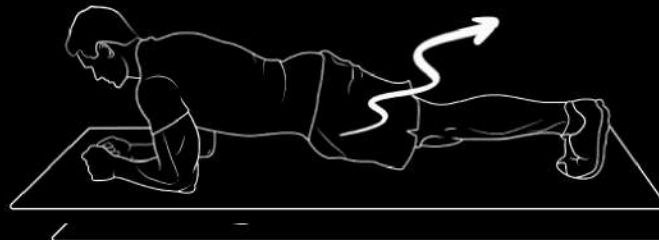
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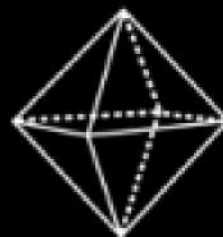


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KEYSTROKES

WHIP



Stroke Skills
Elementals Core
Whip-01

What Are The Key S.T.R.O.K.E.S For S.S.T Level 1

Sexual Strength Training

SST's rhythmic training challenges and strengthens the body, improving endurance, coordination, and cardiovascular health for enhanced performance and pleasure.

Stroke Skills Elementals Core Stir

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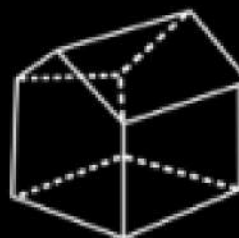


KEYSTROKES

STIR



Stroke Skills
Elementals Core
Stir-01



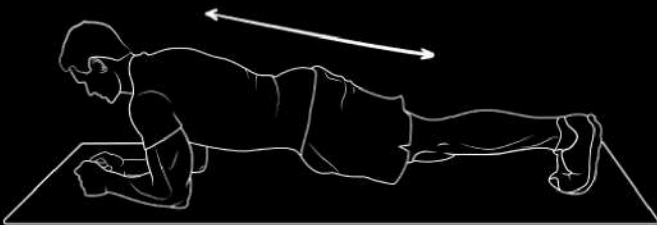
What Are The Key S.T.R.O.K.E.S For S.S.T Level 1

Sexual Strength Training

SST teaches rhythmic synchronization and introduces variations in tempo, intensity, and techniques, creating consistent pleasure and enriching intimate relations.

Stroke Skills Elementals Core Dive

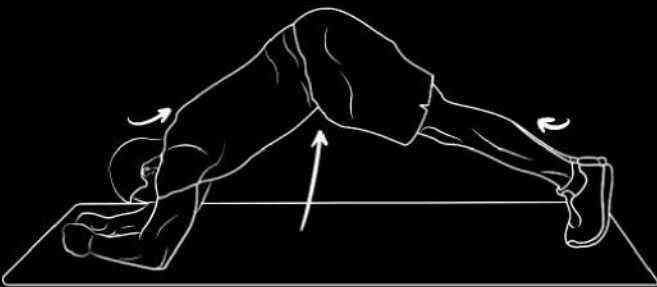
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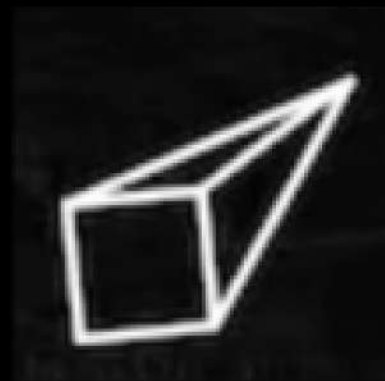


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KEYSTROKES

DIVE



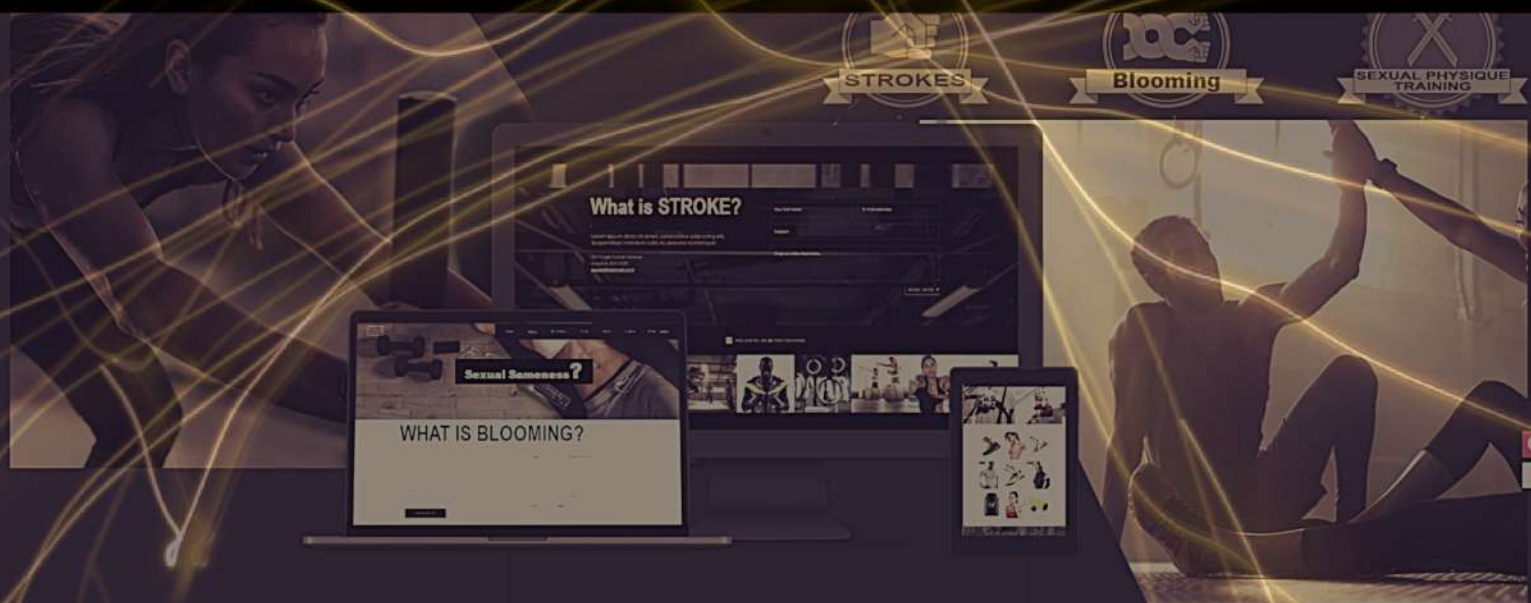
Stroke Skills
Elementals Core
Dive-01



It is important to note that these SST Key S.T.R.O.K.E.s are not just about physical movements, but also about mental control and focus. Mastering these SST Key S.T.R.O.K.E.s requires both physical and mental discipline, as the practitioner must be able to control their body and focus their mind in order to execute the movements correctly. In addition to learning the SST Key S.T.R.O.K.E.s, practitioners will also learn how to breathe correctly and utilize their core muscles in order to generate the most power and control in their movements.

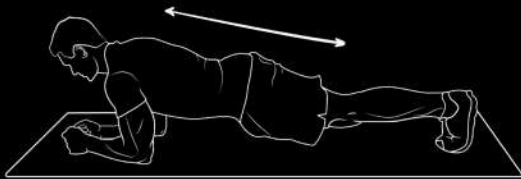
As you progress through the course and master the SST Key S.T.R.O.K.E.s, you will begin to understand how they work together to create different sensations and pleasure for your partner. For example, the Dip and Dive strokes can be used to generate deep, penetrating pressure, while the Slip and Slide strokes can be used to create a more gliding sensation. Each stroke has its own unique sensation, and by understanding how to use them correctly, you can become a master at creating the perfect sexual experience for your partner.

These SST Key S.T.R.O.K.E.s are not just for sexual intercourse, they can also be used during foreplay and oral sex to increase pleasure and sensation. The ability to control your hips and penis with precision and accuracy is a skill that will greatly benefit any man in all aspects of his sexual life.



Stroke Skills Elementals Dip

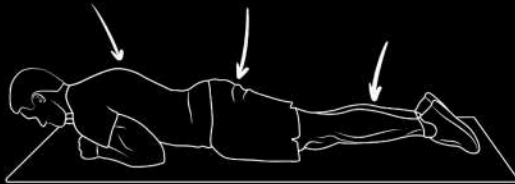
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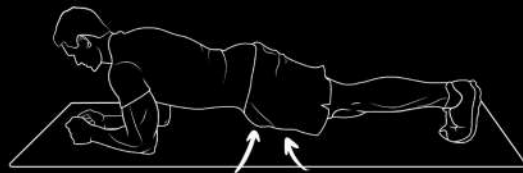
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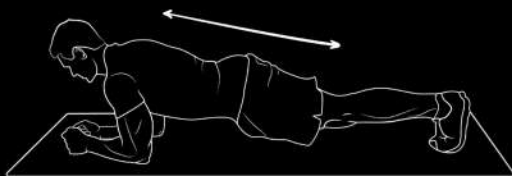


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Stroke Skills Elementals Dip

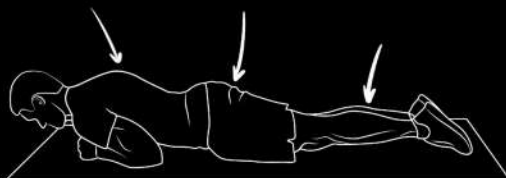
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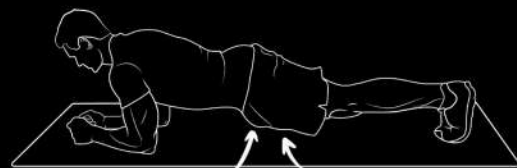
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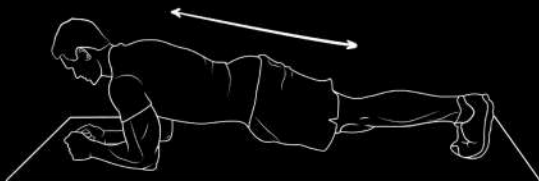
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KEYSTROKES

Stroke Skills Elementals Core Dive

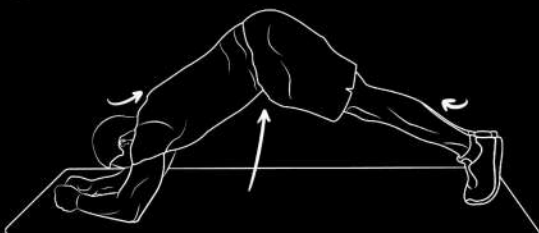
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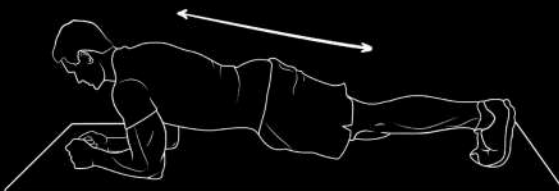
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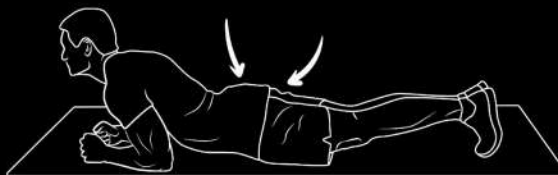
KEYSTROKES

Stroke Skills Elementals Core Pop

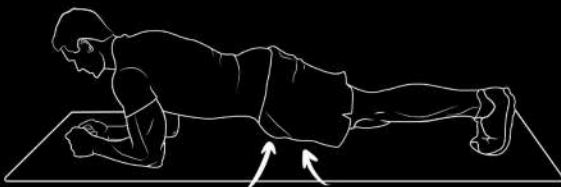
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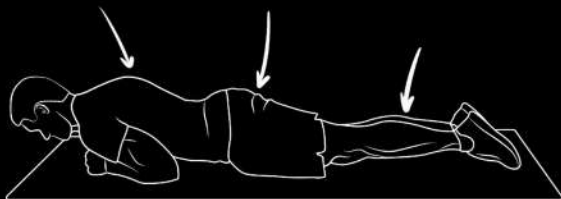
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KEYSTROKES

Core Slip

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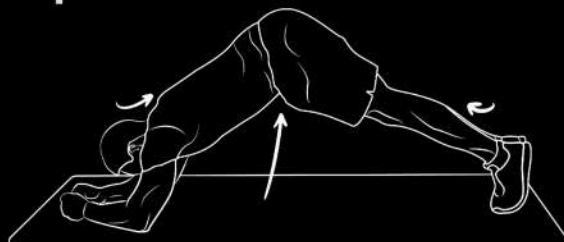
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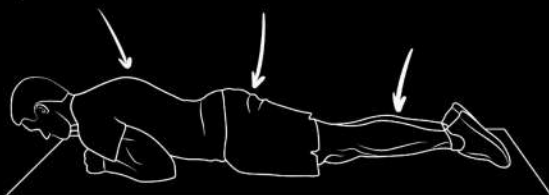
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KEYSTROKES

Stroke Skills Elementals Core Slip

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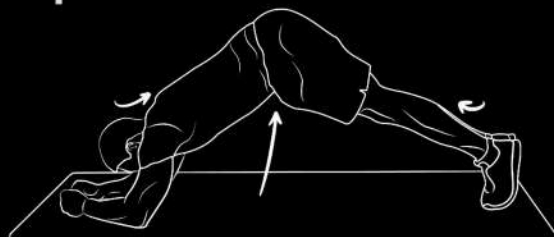
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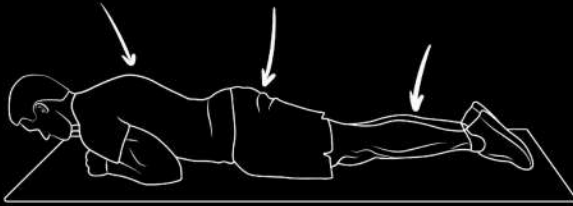
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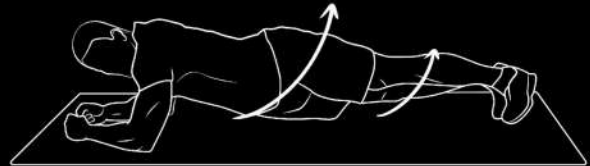
KEYSTROKES

Stroke Skills Elementals Core Slip

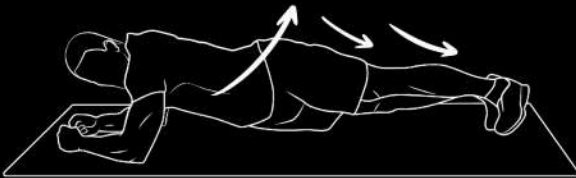
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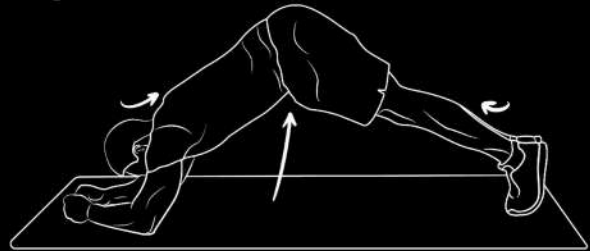
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KEYSTROKES

Stroke Skills Elementals Core Stir

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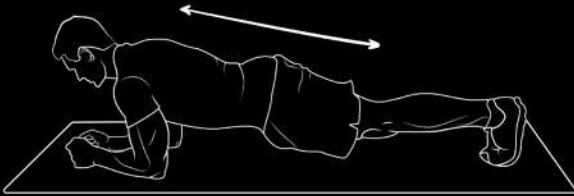
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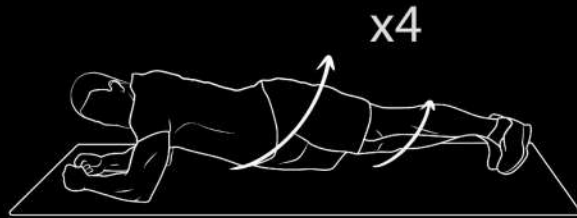
KEYSTROKES

Stroke Skills Elementals Core Tap

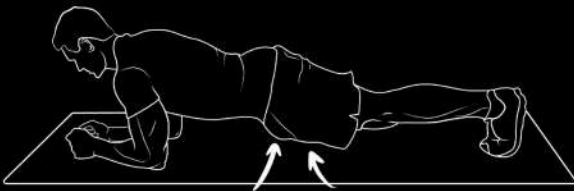
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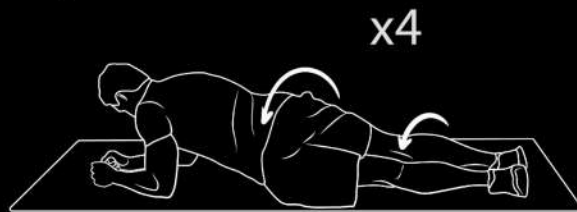
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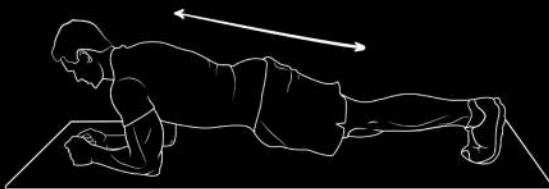
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KEYSTROKES

Stroke Skills Elementals Core Whip

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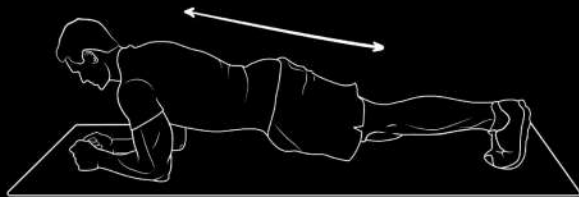
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KEYSTROKES

Stroke Skills Elementals Dip

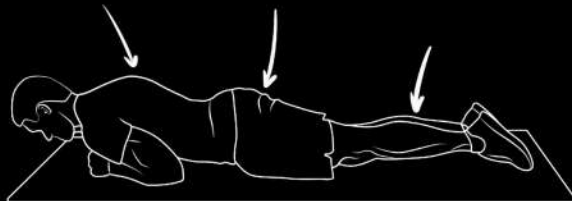
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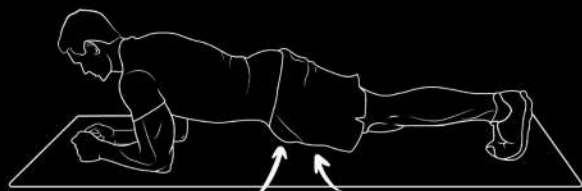
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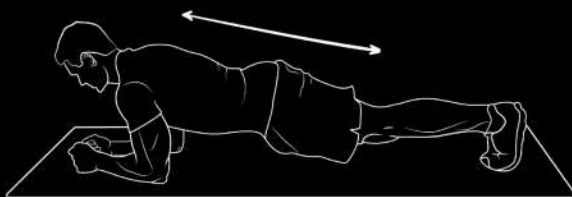
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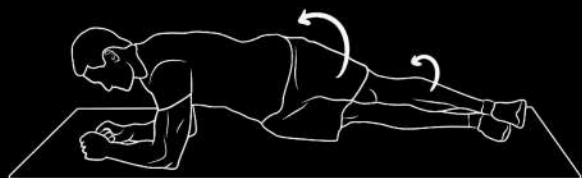
KEYSTROKES

Stroke Skills Elementals Dip

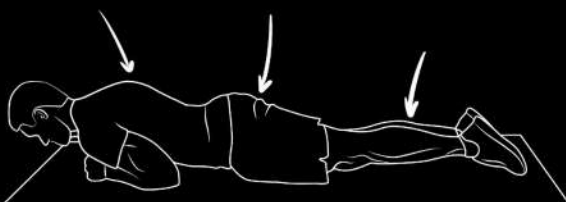
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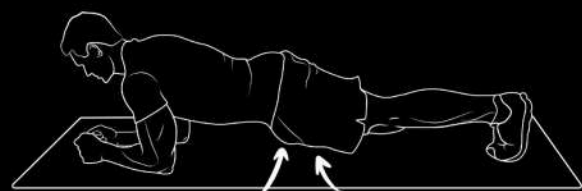
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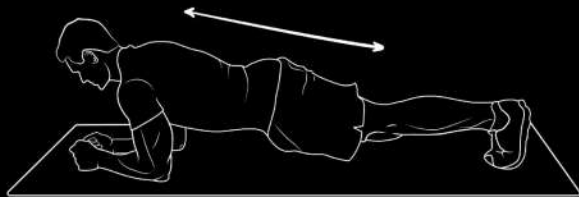
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KEYSTROKES

Stroke Skills Elementals Dip

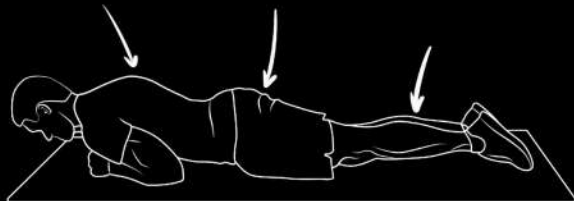
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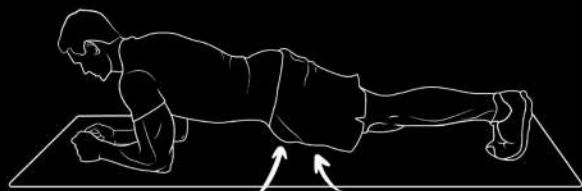
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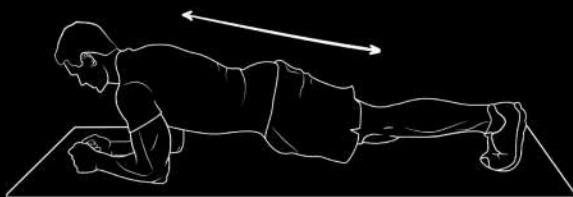
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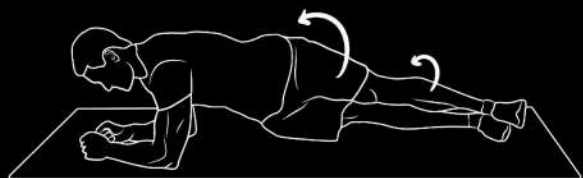
KEYSTROKES

Stroke Skills Elementals Dip

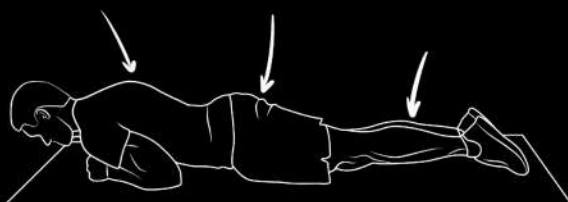
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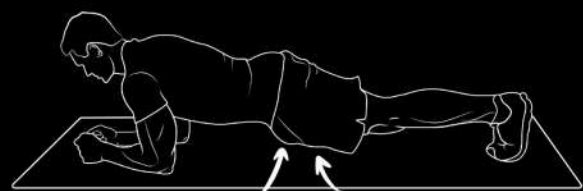
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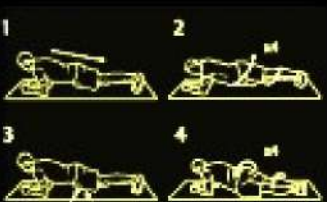
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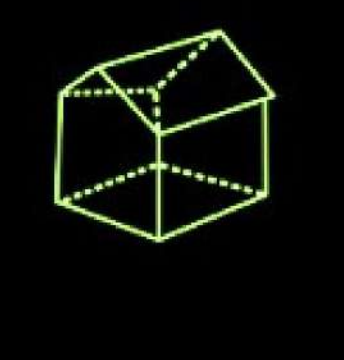
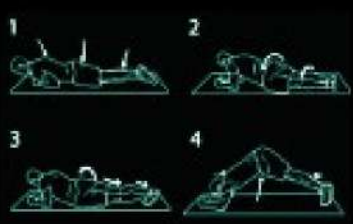
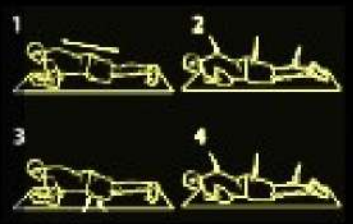
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KEYSTROKES



KEYSTROKES



Pairing

Zenity

SST Rhythm Training

The Importance of Rhythm
Training in Enhancing Physical
Fitness, Bedroom Skills, and
Women's Satisfaction





- **Understanding Female Orgasm:** One of the fundamental aspects of Rhythm Training is gaining a deep understanding of the phases involved in triggering female orgasm. Backed by extensive research and insights from a comprehensive study involving 20,000 women, Zenity has developed three distinct rhythm styles: Tracking, Pinning, and Flow. These styles serve as the foundation for training exercises and enable men to tailor their strokes to their partners' pleasure, resulting in heightened satisfaction and more fulfilling sexual experiences.
- **Muscle Memory and Instinctive Performance:** Rhythm Training in SST not only trains the body but also fosters muscle memory through repetitive sets and exercises. By consistently practicing stroke techniques with rhythmic precision, individuals develop the ability to perform these techniques instinctively during intimate encounters. This allows them to focus on nonverbal communication and the subtle cues exhibited by their partners, creating a deeper connection and enhancing the overall satisfaction for women.
- **Enhancing Physical Fitness:** Engaging in Rhythm Training as part of SST not only benefits bedroom skills but also contributes to overall physical fitness. The rhythmic nature of the training routines challenges and strengthens the body, improving endurance, muscular control, and coordination. Additionally, the synchronization of strokes with the underlying rhythm promotes cardiovascular health and boosts stamina, enabling individuals to maintain their performance and pleasure over an extended period.
- **Maintaining Rhythm and Variability:** Sexual activity is inherently rhythmic, and mastering the art of maintaining rhythm and variability can greatly enhance one's bedroom skills. Rhythm Training provides individuals with the tools to synchronize their strokes with a rhythmic beat, ensuring a consistent and pleasurable experience for both partners. Moreover, by incorporating variations in tempo, intensity, and techniques, individuals can introduce excitement, surprise, and increased pleasure into their sexual encounters, further enhancing the satisfaction of women.

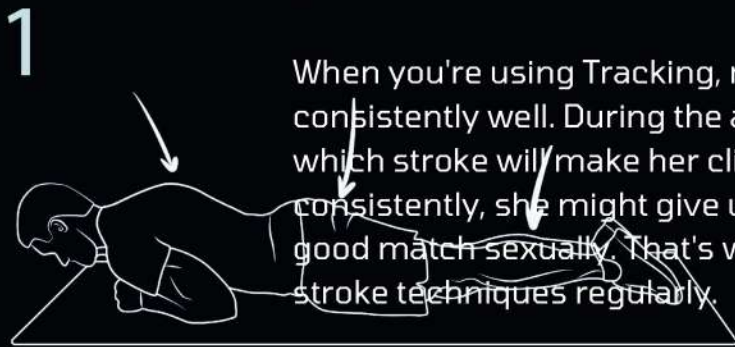
Rhythm Training using Zenity Music

TRACKING

Zenity Music is a style of music that incorporates specific rhythms and beats to enhance and synchronize with different stages of sexual activity, providing a structured and immersive experience.

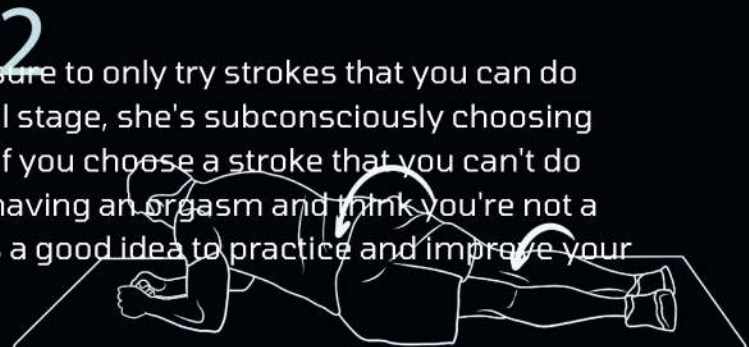
Techniques Definition

Tracking When you're working on the Tracking rhythm during your SST Workout, the main goal is to maintain a steady rhythm while switching between different strokes. Tracking is the first rhythm you use when stroking. The idea is to try out different strokes that you think she'll like, so she can choose the one she prefers. You should do each stroke about 10 times before switching to a different one. This gives her time to get used to the sensation and decide if she wants you to keep doing it or try something else. It's important to pay attention to her non-verbal signals and learn what she likes. Not all women will say it out loud, but they might show it through their movements, moans, or other signs. That's why it's important to understand your partner and know what turns her on.

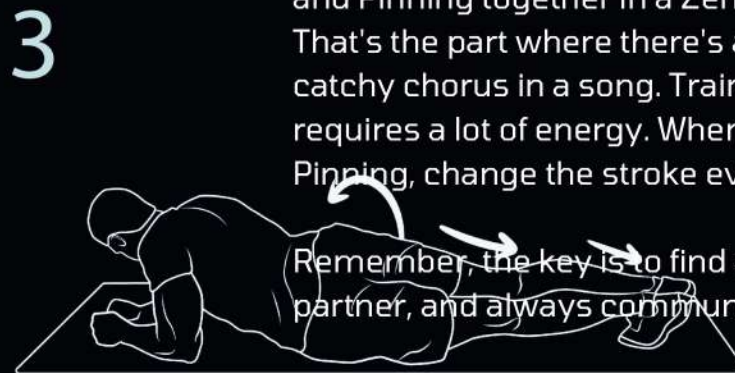


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When you're using Tracking, make sure to only try strokes that you can do consistently well. During the arousal stage, she's subconsciously choosing which stroke will make her climax. If you choose a stroke that you can't do consistently, she might give up on having an orgasm and think you're not a good match sexually. That's why it's a good idea to practice and improve your stroke techniques regularly.

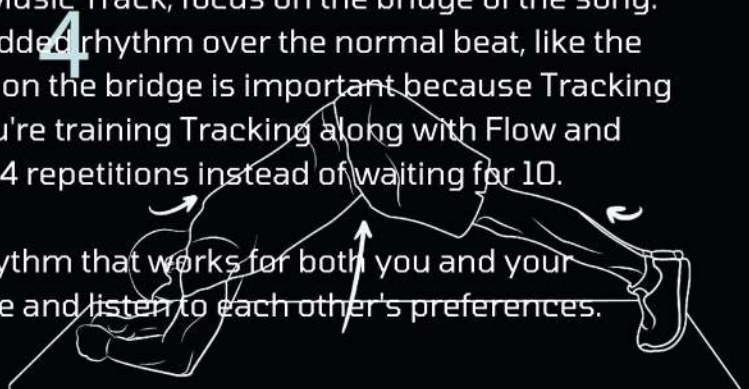


During Training, focus on smoothly transitioning between strokes. Try to keep a steady pace that matches the beat of the underlying drum. Count to 10 for each stroke before switching to a new one. If you're training Tracking, Flow, and Pinning together in a Zenity Music Track, focus on the bridge of the song. That's the part where there's an added rhythm over the normal beat, like the catchy chorus in a song. Training on the bridge is important because Tracking requires a lot of energy. When you're training Tracking along with Flow and Pinning, change the stroke every 4 repetitions instead of waiting for 10.



4

Remember, the key is to find a rhythm that works for both you and your partner, and always communicate and listen to each other's preferences.



Rhythm Training using Zenity Music

FLOW

Zenity Music is a style of music that incorporates specific rhythms and beats to enhance and synchronize with different stages of sexual activity, providing a structured and immersive experience.

Techniques

Definition

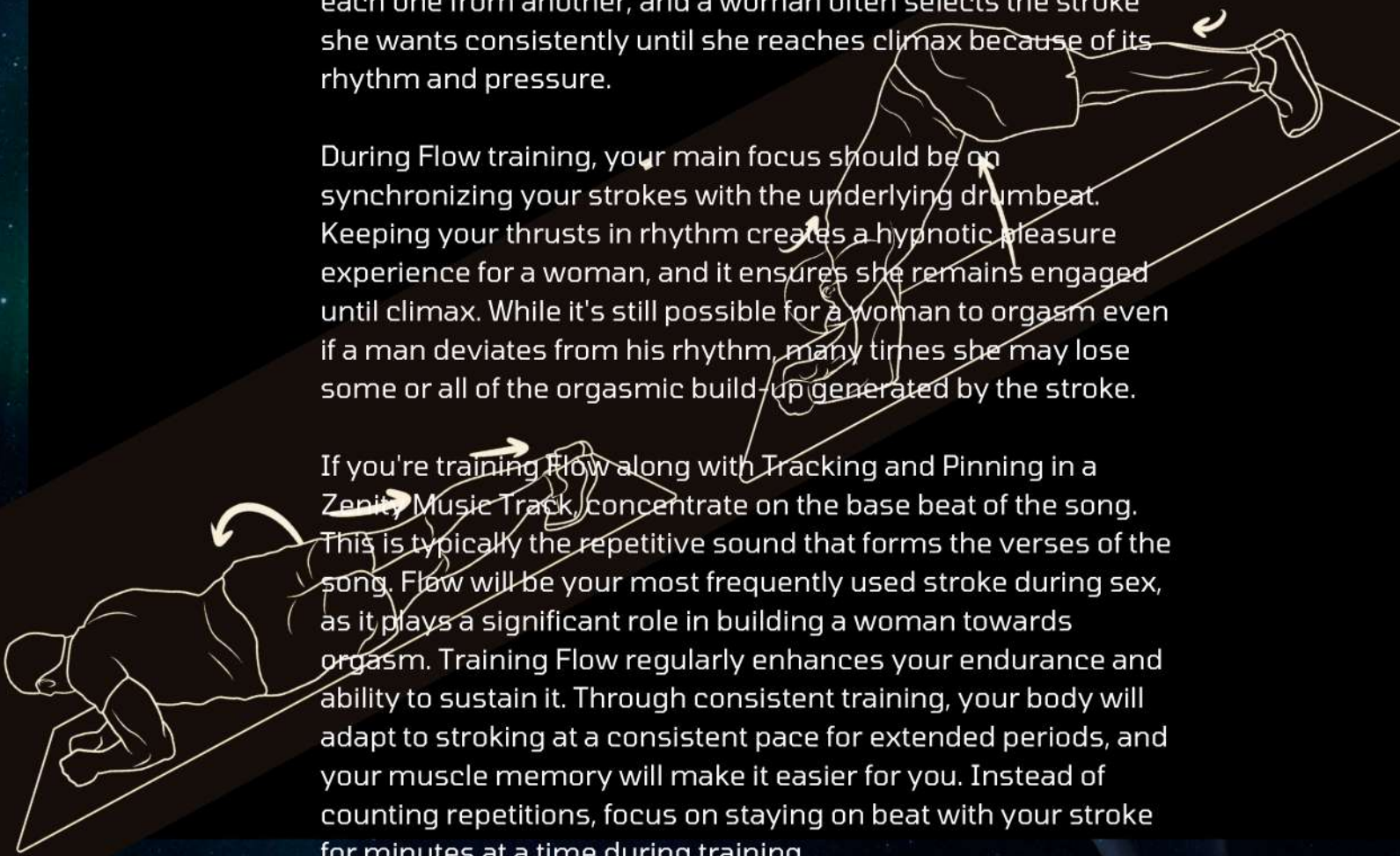
Flow

It's crucial to understand that a man's ability to keep his stroke even and well-timed during the build-up to her orgasm is vital for her ultimate pleasure.

Flow serves as the secondary rhythm during sexual encounters. Once she has chosen a stroke she enjoys during the initial tracking stage, you can incorporate the Flow rhythm. Focus on maintaining a steady tempo and pressure with your stroke. The rhythm and pressure of a man's stroke distinguish each one from another, and a woman often selects the stroke she wants consistently until she reaches climax because of its rhythm and pressure.

During Flow training, your main focus should be on synchronizing your strokes with the underlying drumbeat. Keeping your thrusts in rhythm creates a hypnotic pleasure experience for a woman, and it ensures she remains engaged until climax. While it's still possible for a woman to orgasm even if a man deviates from his rhythm, many times she may lose some or all of the orgasmic build-up generated by the stroke.

If you're training Flow along with Tracking and Pinning in a Zenity Music Track, concentrate on the base beat of the song. This is typically the repetitive sound that forms the verses of the song. Flow will be your most frequently used stroke during sex, as it plays a significant role in building a woman towards orgasm. Training Flow regularly enhances your endurance and ability to sustain it. Through consistent training, your body will adapt to stroking at a consistent pace for extended periods, and your muscle memory will make it easier for you. Instead of counting repetitions, focus on staying on beat with your stroke for minutes at a time during training.



Rhythm Training using Zenity Music

PINNING

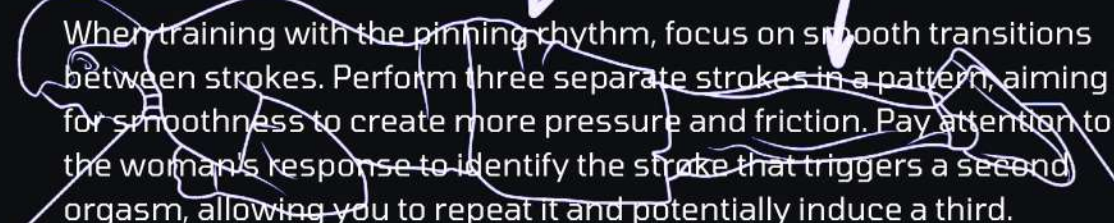
Zenity Music is a style of music that incorporates specific rhythms and beats to enhance and synchronize with different stages of sexual activity, providing a structured and immersive experience.

Techniques Definition

Pinning

The pinning rhythm is designed to help you mix and match different strokes quickly. It is known that women have the potential for multiple orgasms during climax, and a study found that 60% of women who experienced multiple orgasms had them triggered by a change in stroke during climax. This is called Adding, where a modified thrust brings new sensations and pleasure, leading to another orgasm.

The pinning rhythm trains men to combine strokes and extend a woman's orgasm. It is often used as the last rhythm before returning to the tracking stage, allowing women to select the stroke that helps build their orgasm. Pinning is improvisational, giving men the freedom to create flowing sequences of strokes. To increase the chances of triggering multiple orgasms, it's recommended to use strokes that she has expressed enjoyment for.



When training with the pinning rhythm, focus on smooth transitions between strokes. Perform three separate strokes in a pattern, aiming for smoothness to create more pressure and friction. Pay attention to the woman's response to identify the stroke that triggers a second orgasm, allowing you to repeat it and potentially induce a third.

In a Zenity Music track, the pinning section is often distinct from the rest, signifying a separation from the previous tracking and flow rhythms. Start by practicing linking two unique strokes smoothly before attempting three-stroke combinations.

During combined training with Tracking and Flow to Zenity Music Tracks, the music will change to indicate the start of the pinning combinations. Avoid using the same strokes as those used in tracking and flow during the pinning section. Training pinning with Zenity Music Tracks encourages creativity and quick thinking. It is beneficial to continuously train and expand your repertoire of strokes, as more stroke skills allow for unique pinning combinations.





Zenity

SST BreathTraining

The Importance of Breathing to
Enhancing Physical Fitness,
Bedroom Skills, and Women's
Satisfaction



Sexual Physique Development using Zenity

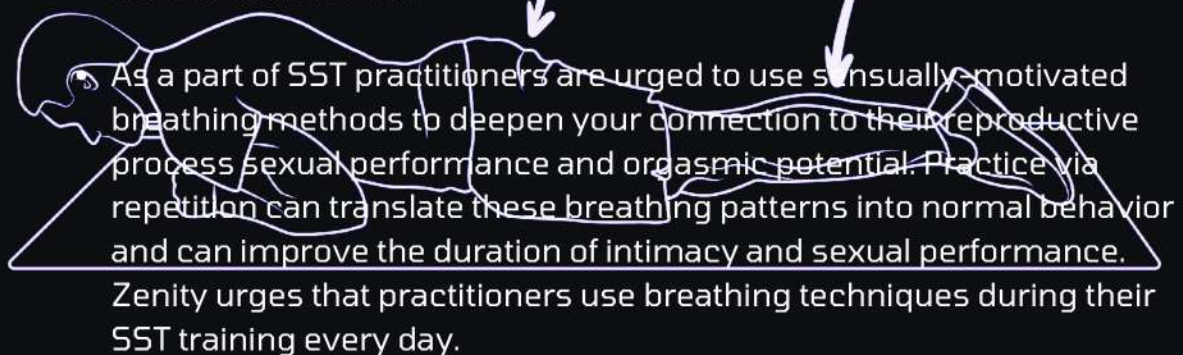
SST BREATHING TECHNIQUES

Incorporation of breathwork into SST routines enhances the effectiveness of the Rhythm-based SST training regimen training the organs at the same time as the mind, in a sensual and meditative way, by synchronizing the breath to movement, rhythm and intention.

Breathwork During SST

bREATH:

- S.T.R.O.K.E. places a premium on rhythm and breath and centres around sensual connection and physical movement. In conclusion, there are several advantages to including breathwork into your sexual routine. Breathwork is a simple yet powerful skill that can elevate your sexual encounters on many levels, including your physical and mental health, intimacy, and sensuality. So, try out several methods during your workouts, memorise them, and then apply them in the bedroom to see what you and your partner enjoy the most. With time and effort, you might find that you can access a previously unrealized reserve of sexual energy, opening up a whole new realm of sensual delight and intimate connection.



As a part of SST practitioners are urged to use sensually motivated breathing methods to deepen your connection to their reproductive process sexual performance and orgasmic potential. Practice via repetition can translate these breathing patterns into normal behavior and can improve the duration of intimacy and sexual performance. Zenity urges that practitioners use breathing techniques during their SST training every day.

- Breathwork and other breathing exercises have been shown to have a profound effect on sexual encounters, heightening sensuality and strengthening bonds between partners. By calming the nervous system and the psyche, deep breathing can reduce both blood pressure and heart rate. This state of calm can help us concentrate better, control our movement, and sensitivity, all of which increase our receptivity to pleasure during sexual encounters. During intercourse, the clitoris, labia, and penile erection all rely on adequate blood flow, which is improved by breathing deeply and regularly. According to Rhode Island Sex Therapy's, Dr. Michael Stokes, controlling one's breath gives one power over one's body, including one's orgasms.



Sexual Physique Development using Zenity

SST BREATHING TECHNIQUES

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Breathwork During SST

BREATH

- The ability to regulate one's breathing enhances awareness of one's surroundings and one's own physical reaction during sexual contact. Synchronised breathing, counting breaths, belly breathing, and stroke stamina breathing are just some of the breathing techniques that have been shown to improve sexual encounters. By breathing in unison with your lover, you can strengthen your lower Dantian (also known as your Elixir Field) and better preserve the sexual energy you've amassed through semen retention. Breath-counting practises, such as the Zhang Zhuang standing meditation (also known as Zhan Zhuang), can realign the body to improve the flow of energy (chi) along the meridians, thereby relieving muscle tension and correcting poor posture.
- The diaphragm is contracted during intake and exhalation in the belly breathing technique. This method is the pinnacle of belly breathing because it opens the Microcosmic Orbit, beginning in the stomach, so enhancing health and vitality and paving the way for the free flow of orgasmic energy. Stroke stamina breathing is a technique that aids in pelvic floor training, which in turn improves blood flow to the genital area and the rest of the body. Before beginning to practise breathing techniques, it is important to establish a baseline by becoming aware of your breathing patterns and the way your breathing alters as you reach a peak state. As an orgasm approaches, most people tighten their muscles and hold their breath. Breathing techniques, on the other hand, can make orgasms feel less like a chore and more like a natural release of pent-up tension. Breathing exercises are more enjoyable when done without holding one's breath, which might be counterproductive. Breathwork can also play a crucial role in enhancing sensual performance, an important part of the sexual experience.



Sexual Physique Development using Zenity

SST BREATHING TECHNIQUES

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Breathwork During SST

Dantian Breathing

These exercises develop the lower Dantian (Elixir Field), an important foundation for experiencing tangible energy flow through the Microcosmic Orbit and other energy channels. This practice helps to consolidate the sexual energy (Jing) built up through semen retention and store it in the Dantian. HOWEVER - you must put the time and effort into this practice for it to work. **This is not a one-time fix**, you must practice this regularly to develop the internal energy and start to feel it tangibly.

Zhang Zhuang

Standing meditation, also known as Zhan Zhuang, is a very deep and powerful Qigong practice. This exercise aims to align the body to increase the flow of energy, or chi, through the body's meridians and releases muscular tension so that the Earth'schi can fill the body. This practice can fix poor posture and greatly improve your health and energy levels when practiced consistently.

Microcosmic Orbit

Opening the Microcosmic Orbit will improve your health and energy levels and give you a clear pathway to circulate orgasmic energy.

STROKE STAMINA Breathing

Testicle breathing (also known as the Cool Draw) is the most important exercise for semen retention or NoFap. This practice circulates the sexual energy out of the genitals and distributes it throughout the body. This is a very important practice for transmuting sexual energy.

20 Minute STROKE PRE-WORKOUT Breathwork

This is a 20 Minute Breathwork Flow to help you 'Get High' Naturally & Energize. Breathwork is a powerful tool to quickly change your state, clear the mind, relieve anxiety, and get grounded.

Qigong Flow

This is a full guided Qigong class to improve energy, build chi, and get into a flow state.

Testicle Breathing

Ongoing options:
Add in any supplemental practices from [this qigong playlist](#).



JALON

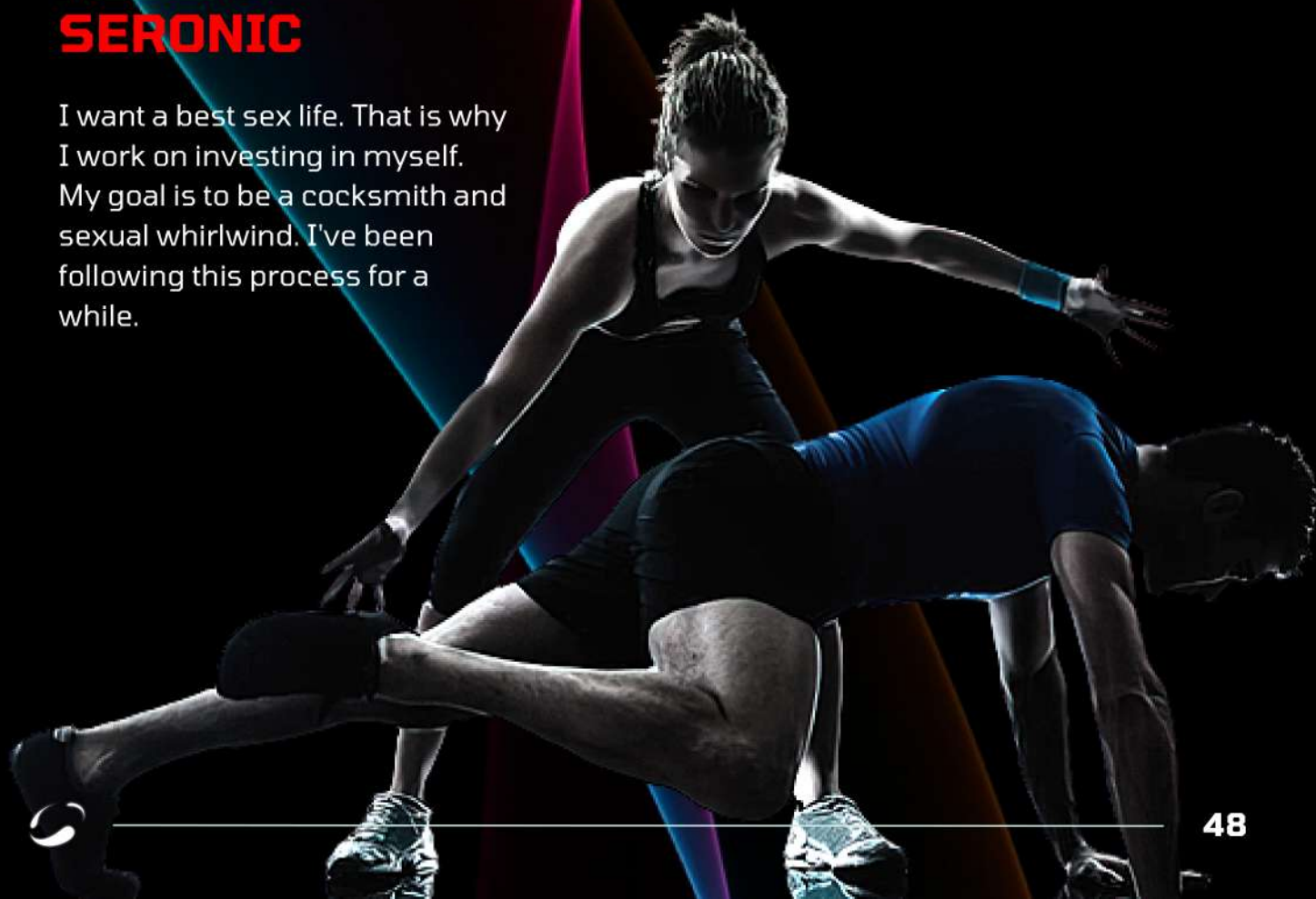
a workout schedule. My interest started from just wanting to improve and give greatness a shot I want to improve my sexual performance and unlock my potential.

LISA

I ordered the product for my next partner to understand how to meet my needs. It is also my desire to understand the total art of satisfactio

ROBERT SERONIC

I want a best sex life. That is why I work on investing in myself. My goal is to be a cocksmith and sexual whirlwind. I've been following this process for a while.



GAVIN

I want most to be able to please women sexually and sensually of ALL types but mainly to have the confidence to approach beautiful, model-like women with the certainty that I know I'll provide experiences they've never had.

MALCOLM

Your workouts are effective, the thing that interested me was how it changed my perspective of sex, and I'm a million times better in the bedroom because of it.

LEE XIONG

I just wanted to be in better shape, always looking for a program that was gear toward stamina and performance. I didnt want to get membership to a gym, because I really want to master my own body weight, so I been doing body weight exercise only. I'm not sure how I stumble on to zenity fitness, but It was the thing I've been looking for all these years. A program that well help you master your own body weight and improved your sexual stamina. Just part of one my phase I need to work on, which is health. I want to have a stronger core and trunks. the foundation of a better body. I'm straight up unfit right now, so a total beginner. 5'7" 180ish. 26% BF from my scale more or less.



JAMES

Hello, Here are answers to the questions you sent me. 1) I want to to develop my sexual skills. that is what I want most from working with you. 2) I became interested after seeing positive feedback about strokeskills on the strokeskills facebook group and that is what made me take the plunge. 3) what i want to get out of this is to develop my core strength and increase my strokeskills.

CHARLES

I would like to see some apps for workouts and possibly more instant downloads for any dvd's. I decided zenity fitness because I desire to become a better lover. Stroke skills are essential for me as well as being able to tone my body.



BRIAN MOORE

What I want most is the overall confidence in my physical appearance as well my bedroom performance. My interest in your program(s) because I am a chronic over thinker having all of the information given to me where I don't have to think about it and let muscle memory take over. I have seen other programs with other people but your is different and i'm looking forward to not only satisfying my wife again, but more importantly being Satisfied with my self again.

ARLINGTON WILSON

I want to gather knowledge on the female's sexual anatomy, in hopes of becoming a better lover.

MICHEAL

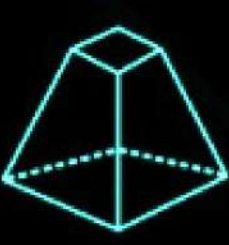
I want a body that looks good and is functional. I think I ran across something about your company while surfing and it piqued my cheerios. I took the plunge with the unspoken goal of improving my sexual techniques along with making my body the temple it should be.

ATHY

I like that I learn new things which I never knew before and I can learn use that knowledge to better understand sex as a men.



KEYSTROKES





Zenity