

Sexercise: Facts & Figures

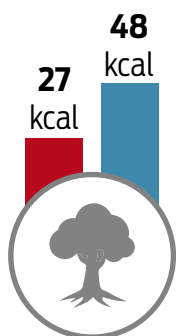


DATING COMPASS

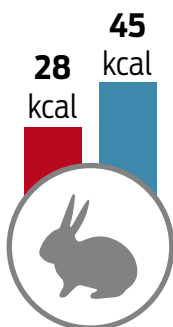
www.dating-compass.co.nz



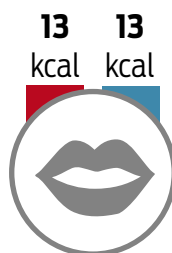
Calories burned during 10 minutes of sex



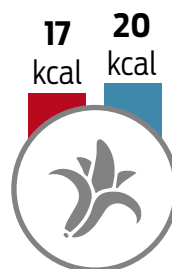
Standing



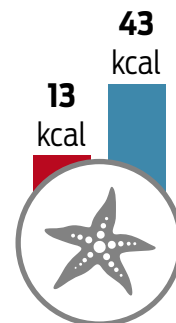
Rabbit ears
(legs up)



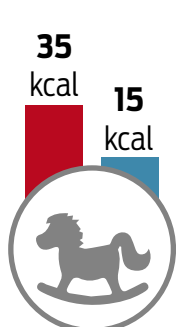
Kissing



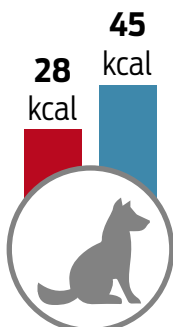
Oral sex



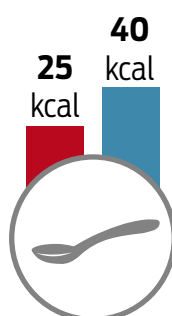
Missionary



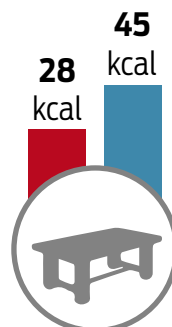
Cowgirl



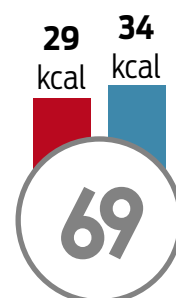
Doggy style



Spooning



On the table



69



Undressing
8 calories in total



Orgasm
60-100 calories
per orgasm



Opening a bra
(with one hand)
18 calories total