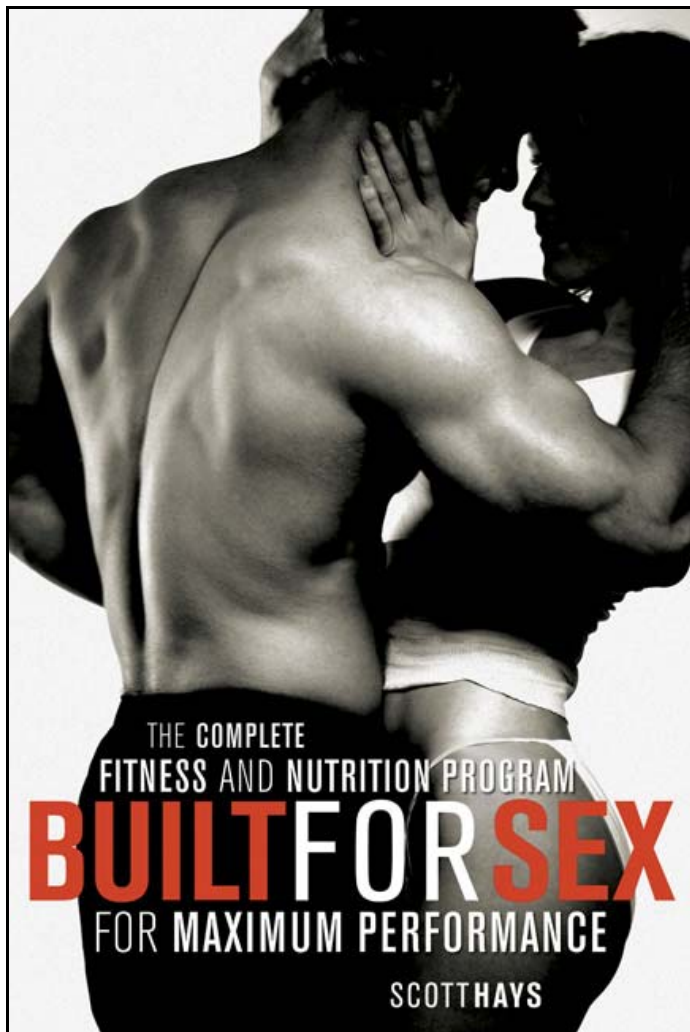


BUILT FOR SEX

The Complete Fitness and Nutrition Program for Maximum Performance



By Scott Hays

*A simple to follow food-and-fitness plan for men,
designed to increase sexual drive and pleasure—and
turn any man into a great lover*

Not every man wants to exercise. But just about every man wants to experience increased sexual performance and pleasure. Now that is not only possible but easily attainable, thanks to the 4-step physical and nutritional fitness plan in *Built for Sex*.

This simple but revolutionary program is anchored in a series of scientific studies that prove conclusively that men who commit to a moderate amount of exercise four times a week can expect substantial sexual benefits.

Exercise alone will improve blood flow and boost testosterone levels to deliver increased sexual endurance, strength, and flexibility; but attention to proper foods, herbs, vitamins, and supplements can actually enhance those benefits, transforming a man into a veritable lovemaking machine—some-one who is indeed “built for sex.”

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Fitness

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