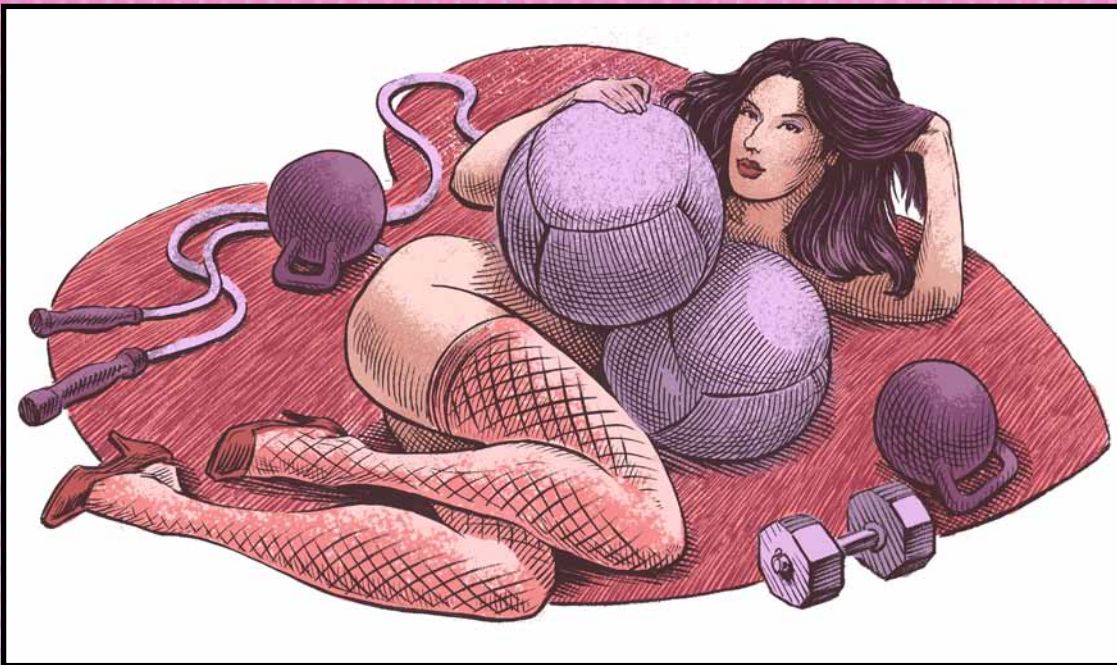


THE

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SEX ON THE BRAIN AT THE BOX

SEX WRITER ANKA RADAKOVICH BECOMES A CROSSFITTER
BUT JUST CAN'T QUIT HER DAY JOB.



All illustrations: Howell Golson

AS A JOURNALIST WHO WRITES ABOUT SEX AND RELATIONSHIPS FOR A LIVING, I THINK ABOUT SEX LIKE MEN DO: FREQUENTLY.

WHEN I WALK INTO A CROSSFIT BOX, MY ONGOING "SEXUAL RESEARCH" CONTINUES. FROM HAVING RANDOM SEXUAL THOUGHTS TO OBSERVING THE MATING HABITS OF MY FELLOW CROSSFITTERS, I'VE LEARNED THROUGH THE YEARS THAT THE MORE I THINK AND TALK ABOUT SEX, THE BETTER IT CAN BE—EVEN IF I'M HAVING IT WITH MYSELF.

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A HARD WORKOUT

Sometimes when I work out, I notice things and wonder if anyone else does.

One day at The Black Box in New York City, where there are usually 10 men in each class to each woman, we were about to begin handstand push-ups when the only other girl in the class got into position and her workout pants fell down. There, in all its glory was her shaved and pierced “lady business”—in full view for the 10 male members to “accidentally” stare at. Meanwhile, the coach kept demonstrating the movement, oblivious to the pants blooper, but the CrossFit members apparently couldn’t forget about it.

After the workout was over a few minutes later and we were lying on our backs for a stretch, I noticed a strange thing, or shall I say “things”: members. And not just gym members. I couldn’t help but notice that at least half the guys had pitched tents in their workout pants. A circle of boners at full mast. There were so many erected tents, I thought for a minute I had walked into a campground on Memorial Day Weekend. Or bat day at Yankee Stadium.

I also notice that, as in sex itself, women are tense right before a workout, but after they have broken a sweat and the workout is over, they relax and get real chatty. Put a bunch of girls together and invariably the conversation turns to men.

Recently at CrossFit Hollywood in California, where there are more females for me to talk to about sex, the conversation somehow shifted to orgasms—how the female members have



them (less than half said they had them from intercourse alone), how often they have them (not as often as the men they are with), and how they wished their men would have them after instead of before them. It seems while women are trying to have orgasms, men are trying not to.

“I really wished my boyfriend would slow down,” confessed one of the girls, “I wish guys would lick or rub it for as many rounds as possible rather than for time.”

This is when I offered my odd expertise and suggested my favorite “sexercise” for both men and women: Kegels. The Kegel exercises target the pelvic-floor muscles, especially the pubococcygeus or “P.C.” muscle, which goes from the pelvic bone to the tailbone (coccyx). When fully developed in men, the P.C. keeps the boner longer—and stronger—and gives the man more control over when he ejaculates. And best of all for both men and women, orgasms will become more intense.

It's a simple exercise; just squeeze the muscles that control the flow of urine and count slowly up to 10, building up to 2 minutes a day. For women, besides the longer and deeper orgasms, Kegels have the added CrossFit benefit of keeping us from peeing ourselves when we jump rope or do tuck jumps. Try them after every WOD for a month and see what happens.

Last year as a sexperiment, I did Kegels for an entire year, every day, no matter what else I was doing. Ten sets of 10. Every day. The best thing about Kegel exercises is that you can do them anywhere: standing in line at the bank, watching douchebag dating contestants on *Millionaire Matchmaker*, or waiting for the jerk in front of you to stop texting while driving.

It took a few months, but by about the end of the fourth month, I noticed a marked difference in the quality of my orgasms. They were suddenly deeper, longer and more intense. It was crazy. I also noticed that I felt a lot tighter during sex. By the time another six



months went by, I was so tight down there I could open a beer bottle without an opener and remove the lug nuts from the wheels of my car.

**KEGELS HAVE THE ADDED
CROSSFIT BENEFIT OF KEEPING
US FROM PEEING OURSELVES
WHEN WE JUMP ROPE.**

And there is one unexpected benefit of doing Kegels for men. For some guys, squeezing the P.C. muscles can raise the testicles (the "boys") up and down. It's always good to have an extra bedroom skill or stupid human trick to amuse the person you are having sex with.

AURAL SEX

One thing I enjoy now is giggling with other women over how loud the noises are when guys are lifting really heavy weights. Sometimes the groaning and moaning seem like the same sounds people make when they are majorly boning. One day, a couple of CrossFit guys were grunting and moaning so loud that when I closed my eyes and just listened, it sounded like the soundtrack to a hardcore porno movie. So hot.

"You know what's weird?" I said to a woman I have befriended at CrossFit Hollywood. "Guys are so loud when they come here to work out at the gym, but they rarely make noise in bed. And I wish they would."

"Yeah, It's super hot when a guy makes noises because it helps communicate whether he is enjoying himself or not," she said. "I've been with guys who are so quiet and silent that I'm not really sure if they like what I'm doing down there."

"Loud moaning is primal, passionate and exciting," I told her. "I love that 'Mmm-yumm' sound that someone makes when they just put something in their mouth for the first time and it tastes super delicious."

**IN THE END, WE CONCLUDED
THAT MOANING, GROANING AND
GRUNTING ARE TURN-ONS.**

"I like the audio dimension that deep moaning adds to my animal, sexual pleasure," she joked.

"I like grunting," she added.

In the end, we concluded that moaning, groaning and grunting are turn-ons but clucking and quacking are turn-offs.

BEFOREPLAY

My sex thought at another WOD occurred in the beginning of the class while the coach was explaining the day's movements and their form. It was then I realized that sometimes before sex even happens I want to discuss the movements and their form before we do them. More communication before sex would be good as opposed to less.

It could be a little like the movement standards that are announced before all CrossFit competition workouts. Yes, your hips must reach full extension on each and every thruster.

As a magazine columnist who has researched practically every strange sexual subculture known to man—I have gone to an orgy, an S&M dungeon, a swingers/wife-swapping

party, a nudist colony, a live sex show, a "furry fetish party," and an extremely kinky porn shoot, among other things—the one thing I have learned about people who are into extreme sexual practices is that everything they are doing is negotiated beforehand. In other words, if someone is going to tie you up to a steel beam, blindfold you and then spank you, at least you know what's coming.

A friend of mine, Dr. Ava Cadell, a sex therapist in Los Angeles, uses specific exercises in her counseling sessions for couples who have difficulty communicating what they want during sex. She says that sometimes couples shut down when they aren't getting what they want from each other sexually or are mad at each other for something else.

To open up the conversation and keep each from "judging" the other's sexual desires, she takes the pressure off the situation by having them play a "show-and-tell touch game." This involves taking the other person's hand and moving to the place or places where you want to be touched—in particular, places where you really want to be touched more but feel the other person doesn't visit enough. Those include areas such as the "tain't" (the area between "Scrotumtown" and "Buttville").

This exercise works because everyone gets something he or she felt deprived of but was too embarrassed to ask for. Whatever part you want touched will not be judged; it will be touched. Some women like their breasts touched more and feel that guys bypass them because they can't wait to "go in." So from now on, I'm going to go with something like this: "That feels so good. If you could just rub my funbags like that for two minutes longer I would have an orgasm in two seconds."

CONSTANTLY VARIED MOVEMENT

One of the things I like the best about CrossFit is the constant variety, and if we all brought this aspect into the bedroom, we would all have more exciting sex lives. I don't mean trying to bang as many people as humanly possible, but just keeping it varied and playful.

I had a boyfriend once, an engineer/scientist who was smart and athletic, but when it came to sex he did the ol' in and out like an absolute robot. He did it the exact same way every time—from the amount and time of the "finger warm-up" to the "mouth pull-ups" to the sticking-it-in part. People ask me why I'm single, but how do I explain this to them?

In order to avoid the dreaded repetition, I've tried adding a little variety to my sex life lately by:

- Doing it on furniture (I have a cute new chair I have renamed the "Do-Me Chair").
- Trying it in a new place (I did it in the front seat of someone else's car parked in their driveway, which made it more exciting, although my head keep banging against the dashboard).
- Watching porn parodies instead of blockbuster movies on a Saturday night date (my favorite being *This Ain't Star Trek*, in which Capt. Kirk yells to Lt. Uhura, "Keep going or we're all going to die! Harder!" as he pushes her head down on the Captain's log).

Like the wall-balls, the big ol' giant tires and the other equipment at a CrossFit gym, mixing up the sex toys makes it more fun in bed. Something very fun to do on a Saturday night is to go sex-toy shopping on a date, which is particularly revealing because you get to ask the person you are about to have sex with what he or she wants to try next.

At a recent date at Babeland, a nice sex-toy store in New York City run by women, we found out that sex-toy sales rose more this past year than in the last 10 years, which tells you what everybody's new "hobby" is. The new sex toys for women are so well designed that one of them even remembers your favorite strokes in case you were too drunk to remember them. Another one hits all the sweet spots in case you can't get to them all.

IF WE ALL BROUGHT CONSTANT VARIETY INTO THE BEDROOM, WE WOULD ALL HAVE MORE EXCITING SEX LIVES.

"These elaborate vibrators look so efficient that I think I'm jealous of the one called 'The Champ,'"my date said.



But the biggest trend this year is “male vibrators.” These were invented because men love to play with their penises—a fact that doesn’t need proving by me or scientific research. One of them, the Tenga Flip, is so high tech that it looks like a mini orgasmatron. It has several gizmos inside that function like a carwash on your man muffler—good when you want to do a “workout” on your own.

After we visited the sex-toy store, we realized employees should tell people that when they first introduce sex toys into their repertoire, they should scale it at first rather than go nuts with the weirdest ones that would scare anyone off. It’s like starting with pull-ups before moving to butterfly pull-ups.

We decided to hold off on the scary “arm and hand,” designed for those hard-to-reach places, or the “fist” that looked like it might dislodge someone’s rectum.



We ended up buying The Accomodator, a rubber strap-on dildo the man wears on his chin to “assist oral pleasure.” The idea of this thing is for the guy to work on the girl while the dildo does most of the work.

Theoretically, this should almost guarantee that an orgasm will happen. Nice idea in theory, but when my “sex-toy tester” attempted to use it, neither of us could stop laughing long enough to continue.

At one point I even called him “Dildo Face.”

But in the end, I’ve learned that constantly varied functional movement performed at high intensity takes it to the next level and makes it all much more fun—in both the box and the bedroom.



ABOUT THE AUTHOR

Anka Radakovich is a journalist, author, screenwriter and CrossFitter. She wrote a popular sex column for *Details Magazine* for nine years and now writes a column for *British GQ*. She has written for *Maxim*, *Playboy*, *Men’s Journal*, *FHM*, *Complex*, *Arena*, *Razor*, *Penthouse*, and *Men’s Health*. Fun fact: she was a *Jeopardy* question under the category “Men’s Mags.” She has also written for *Marie Claire*, *Glamour*, *Cosmopolitan*, *Redbook*, *Seventeen* and *Harper’s Bazaar*. She has made nine appearances on *Conan* and will make her 10th when her third book, *The Wild Girl’s Club, Part 2*, is published in September 2012. Follow her at twitter.com/ankarad.