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HOWARD'S
TRAINING
SECRETS**

Men's Fitness

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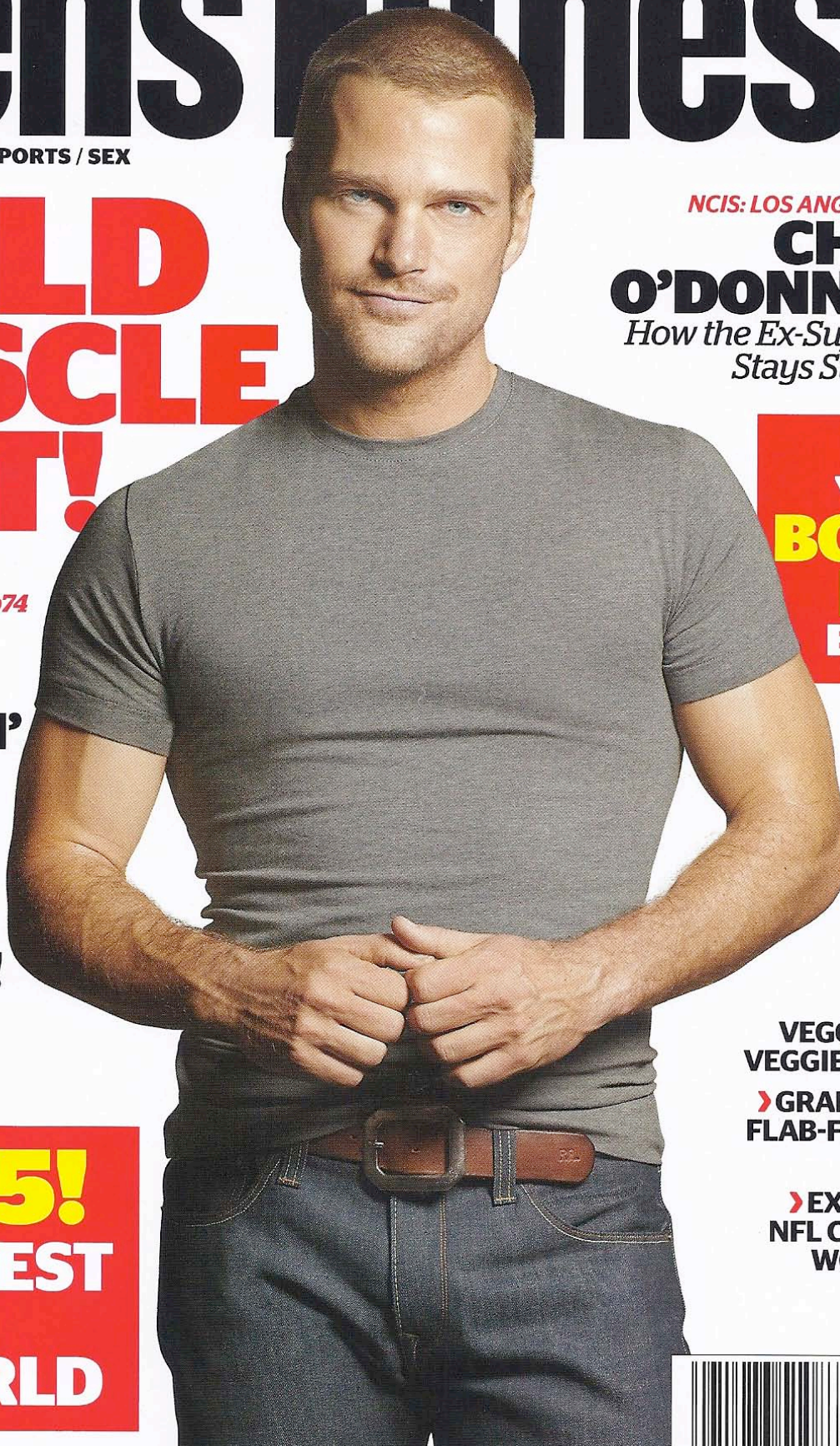
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EXCLUSIVE!

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NFL COMBINE
WORKOUT**

MAY 2010





Large maracas, like Salma Hayek's, need more stimulation.

ALL ARE NOT CREATED EQUAL

► "There's a huge variability between women in their sensitivity," Meston says. **Smaller breasts are actually more sensitive than larger ones.** "But it can also change with age. As women get older, they lose certain sensitivity, so they may want more stimulation."

EXPLORE, EXPLORE

► "One mistake many guys make is focusing too much on the nipple," Meston says. "The areola—the area surrounding the nipple—is also erogenous. **Pressure on the entire breast can also be very pleasurable to many women.**"

BE RESOURCEFUL

► "Try stimulating with things other than your fingers," Meston says. "Use a feather or your tongue. Even ice. **Any sort of sensation that's novel will heighten her arousal.**" She'll appreciate your creativity. "If it's something new, it's going to be exciting, it's going to feel different, and it's going to really grab her attention."

GAUGE THE SITUATION

► A woman's pain threshold rises alongside arousal, so **start out with light kissing or stroking and build up the intensity as you go.** And remember, just like guys, women become more sensitive after orgasm. Says Meston: "All of a sudden things can become much more intense—even painful...so chill out."

MATING GAME // BY SIL LAI ABRAMS

I Want Her Back

I broke up with my girlfriend a few months ago. Now I know that was a mistake. Help!

Before you go running to your ex with a mouth full of sorries, stop and ask yourself why you want to rekindle the relationship. Did you realize that she is the one you really want to be with? Or is it based on your ego, à la "I don't want anyone else to have her." Only take action when you understand the reasons you left her and can assure her that you aren't setting yourselves up for another breakup. Once you are clear, meet her in person and check your ego at the door. PS. Don't forget the flowers!

Abrams is *MF's* relationship expert and the author of *No More Drama*. Got a question for her? Go to mensfitness.com/abrams.



CREATE A NO-LOSE LOVE DEN

Turn your pad into a pleasure zone

BY DESIRÉE GALLAS



Women need to be "in the mood." The right environment is always a good start, so turn your place into a romantic enclave. "It's about more than turning off the lights, switching on the stereo, and making a move," says Marley Majcher, the Party Goddess and a celebrity event planner. "You have to incorporate all five of the senses." Here is Majcher's sure-fire plan to get your lover under the covers.

Ace the Visual

Start by cleaning your place. Then think glass. "This is not the time for disposable plates," says Majcher. **Use real napkins, not paper towels, and set out a wine or champagne glass as well as a water glass.**

Zap "Guy" Funk

Buy flowers with fresh scents, like tube-roses, lilies, or gardenias, and place them all around, even in the bathroom," she says. "Then pick up a few lightly scented candles, all with the same

fragrance—think honeysuckle, jasmine, or red currant—plus some unscented ones for around your food." Have them lit when she arrives.

Set the Mood

Make an iPod playlist to run throughout the night, something that can fill the background. "The music should vary throughout the evening," Majcher advises. "Start out soft yet upbeat, no dance or rap, and let it continue to mellow out as the night progresses."

Bring Out a Few Soft Touches

Get some fabulous sheets with a good thread count, or a really soft throw for the couch. Or try a supersoft lambskin



She'll appreciate the feel of fine satin sheets.

throw rug—it'll be unexpected and the ultimate in tactile pleasure—and they're a lot less expensive than you might think."

Master the Menu

"If you don't cook, buy already prepared food at your local market, not convenience store," Majcher says. "Pair it with champagne wine, or her favorite cocktail."