

# This'll put a smile on your face

**I**f you'd like your lover to get into shape but just can't find the tact to say as much, may we introduce the E-Z Rider, the Fantasy Door Swing, the Fantasy Glide pogo stick and the saddle-tastic iRide. They are the creations of a novelty online sex shop that has developed a range of pleasure aids designed to get your heart racing in more ways than one.

If the gym isn't quite hitting the spot, you may be better getting your cardiovascular kicks by climbing astride the **E-Z Rider** (£55), a bouncy rubber ball with a vibrator on the top. Think an adult version of the Space Hopper. It has no need for batteries – you're supposed to use your glutes to bounce your own way to oblivion. Who says exercise results don't happen fast?

If your plyometrics (jump training) routine is getting stale, go power training on **The Fantasy Glide** (£130). We'll spare you a graphic description but imagine a pogo stick with extras that allows you to reach the parts you wouldn't exercise in your local gym. You don't have to hop around – you can, the site claims, use the pole to glide around, helping

No time for the gym?  
Turn your sex life into a fruity fitness regime, says *Helen Croydon*

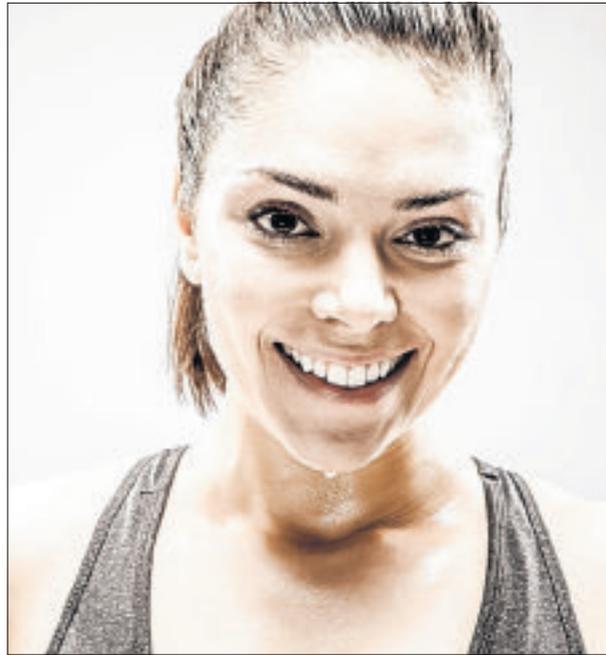
you to enjoy 'positions you never thought possible'. Just imagine.

Fancy a bit of core training? Try the **iRide** (£114). Think rocking horse and a little extra in the saddle. You straddle a padded seat (in shocking pink, what else?) and rock your way into anaerobic bliss while working your calves.

The amusing new sexercise toy range is the brainchild of Claire Bowden, the head buyer for online store SexShop365.

'Most people want to get fitter and improve their sex life,' she says, 'so we thought we'd help them do both in one go.'

'Getting fit usually involves going through a few pain barriers. We've turned those into pleasure barriers. Also, people may find they have a totally different pleasurable experience when they're moving around using different sets of muscles than when they are lying down.'



Grinning: Use a sexercise toy and working out will never be the same again [sexshop365.co.uk](http://sexshop365.co.uk)

The range is not just for solo adventurers – there are plenty of high-intensity training treats for the more uninhibited couples among you. Take the **Fantasy Door Swing** (£28.99), which sees the woman strap in her arms and legs so she's elevated off the ground while her partner remains standing. It allows for all sorts of acrobatic positions without him having to bear her bodyweight. In short: it's sex, standing up.

For the more advanced – and the fearless – there's another swing that attaches to the ceiling. It helps improve flexibility. It will, however, be hard to explain to dinner guests.

Approach all these with caution, though. Exercise, like orgasms, causes an endorphin rush – who knows what a double dose could do.

Oh, and the keen-eyed among you may notice there's no pictures of the gadgets here. We're not coy, it's just we wanted to spare parents' blushes should their children pick up Metro and ask what these toys with funny knobs on are all about. The curious among you can always check the website.

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