

SEX

50 PLAYFUL POSITIONS TO
SPICE UP YOUR LOVE LIFE

EMILY DUBBERLY WITH CONSULTANT DR. DAWN HARPER



REFERENCE TO GO

DR. DAWN HARPER is a practicing general practitioner and broadcaster, and a specialist in women's sexual health issues. Harper's experience and credentials have led to her role as official Lovers' Guide consultant, in which she offers advice to couples and answers problems with regard to their sex lives and sexual health.

PRECAUTIONS

As a general rule, if something hurts, stop doing it. If you have persistent pain, you should consult your health adviser. Don't try anything that you think could put your health at risk, so keep in mind any health conditions you may have.

Do remember to practice safe sex. Using a condom or dental dam for oral sex, and a condom for penetrative sex, can save a lot of serious unpleasantness. Only have sex without a condom if you are in a monogamous relationship and both you and your partner have been tested for sexually transmitted diseases and have come out clear. It's a sad fact of life that STDs are here to stay, so respect yourself and your partner enough to protect yourselves.

For further information and advice, and details of available Lovers' Guide products, please visit www.loversguide.com.

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SEX

Spicing Up Your Love Life

Sex is an important part of life. Let's face it—none of us would be here without it. However, most couples make love in only three positions: man on top, woman on top, and “doggie style.” The average person has sex over 100 times a year, so—given that most people lose their virginity when they're around eighteen, and are sexually active until well into old age—that's thousands of times during our lives. Why stick with the same few positions when there are so many out there to try?

TRY SOMETHING NEW

Experimenting with different positions is a great way to add some spice to your love life, whether you're with a new partner or are in a long-term relationship. And it's not just about adding excitement. Different positions stimulate different parts of the body. Only 25 percent of women regularly achieve orgasm through penetration alone, but using positions that allow stimulation of the clitoris, G-spot, or both during sex can help women reach climax more easily.

Some positions can help make a man seem bigger; others make things more comfortable for the woman if the man is extremely well-endowed. Certain positions are great to help tighten or loosen a woman's vagina. And whether you like deep penetration or prefer something gentler, there are endless positions from which to choose.

Don't forget that sex isn't just about the genitals; some positions allow greater access to the breasts, back, neck, shoulders, feet, or numerous other erogenous zones. Maybe you want a position that offers lots of scope for dual stimulation? You'll find several in this book. Feeling romantic? Try the positions that allow for lots of eye contact. And if you're feeling athletic, have a go at the more adventurous positions that may well qualify you for the sexual Olympics!

Perhaps you're looking for a comfortable way to have sex during pregnancy? Or maybe one of you suffers from back problems and you need some ideas as to the easiest ways to have sex. A new position could well be the answer.

Given the impact that trying a few different positions can have on your sex life, it's no wonder that sexual positions have intrigued people throughout history. Books like the *Kama Sutra* and *The Perfumed Garden* and Japanese pillow books were created to help people enhance their relationships and prevent the sexual tedium that can sometimes set in when people have been together for a long time. While exotic names like "Unicorn's Horn," "Splitting

of a Bamboo”, and “Rainbow Arch” may sound evocative, they don’t give much of a clue as to what you’re actually supposed to do. That’s where this book can help.

THE POSITIONS

Each position is clearly explained in detail. There’s information for both sexes on what each position has to offer, as well as suggested variations to try where applicable. Each position also carries a note of caution so you can gauge whether it’s a suitable one for you to try; always read this before you attempt a position.

All the positions are illustrated to give you something to aim toward—and an excuse to get the mirror out. And there’s an “effort” scale from 1 to 5 to give you an idea of the level of difficulty involved in achieving a position—so you can decide how active you’re feeling before you start!

The book is divided into four sections: man on top, woman on top, sitting and standing, and from behind. The positions are numbered for ease of reference, as well as to give you a variety of options on how to use them (see list of suggestions following).

A FEW SUGGESTIONS

There are numerous ways to use this book. Here are some suggestions to get you going:

- Pick a position each week to try out—there are enough for a year's worth of new positions.
- Select three positions that you like the look of and ask your partner to choose their favorite.
- Both of you choose your favorites, and then take turns trying them out.
- Pick a number at random, then try the position labeled with that number.
- Choose five positions and work your way through them for an extended lovemaking session. Try moving from one position to another without your partner withdrawing (stop if it hurts, though!).

These are just a few ideas to start you off. Try to come up with your own ideas too—and ask your partner for their suggestions. The use of this book is limited only by your own imagination.

TAKING IT FURTHER

To fully enjoy this book, make an afternoon or evening of it. Start by spending some time talking to and flirting with your partner—communication is an essential part of any relationship and is often neglected. You can use the book to trigger conversation, particularly if you don't generally feel that comfortable talking about sex. Pick a position that appeals to you and describe why you like the idea of that particular position. Then get your partner to do the same thing.

After the sexy talk, you may well find things getting amorous. Take your time; linger over each other's bodies, touching, kissing, and caressing each other. Don't rush through the foreplay—the longer you spend on it, the more likely it is that there will be fireworks for both of you when you have sex.

When things have heated up enough, pick a position from the book. Don't feel that you have to start with the hardest position; the difficulty rating is there for a reason, and if you've only ever had missionary-style sex before, going straight for "The Wheelbarrow" may be overly ambitious!

If you don't like a particular position, don't suffer in silence. Tell your partner. You may find, for instance, that moving your hips up or down, or to the left or right, makes things far more comfortable. Or perhaps just mov-

ing an arm or leg will make all the difference. The book provides you with guidelines, but don't forget that everyone's body is different, so tailor the positions to suit you and your partner.

Once you've enjoyed trying the positions in the book, don't just roll over and go to sleep. Spend some time cuddling, being affectionate, and maybe talking about what you liked or disliked about the position. There's no need to be embarrassed—after all, if you're happy to make love with someone, then talking about it afterwards shouldn't be an issue.

Testing out new positions increases communication and openness. It's a great way to build intimacy with your partner. You don't need to be a gymnast to have great sex—however, sticking to the same old routine should now definitely be a thing of the past!



MISSIONARY

1

(MAN ON TOP)

MISSIONARY

1

HOW TO ACHIEVE: This traditional position of man on top and woman underneath allows for complete intimacy. You can see, kiss, hug, and caress your partner easily. The full body contact stimulates the body's largest sexual organ—the skin. Missionary is one of the easiest positions to get into. The woman lies on her back and parts her legs. The man lies on top between her legs, facing her, and supports his weight on his arms. He then slides in.

WHY IT'S GOOD FOR MEN: You have most of the control so you can set the pace. If you have sensitive buttocks and/or a sensitive back, your partner can easily caress you. The closer your partner keeps her legs together, the “tighter” the fit.

WHY IT'S GOOD FOR WOMEN: If your neck is an erogenous zone, your partner can kiss it easily. You can rub your clitoris and pubic mound against the base of his penis. It's also easy to flex your pelvic floor muscles to add an extra thrill for you both.

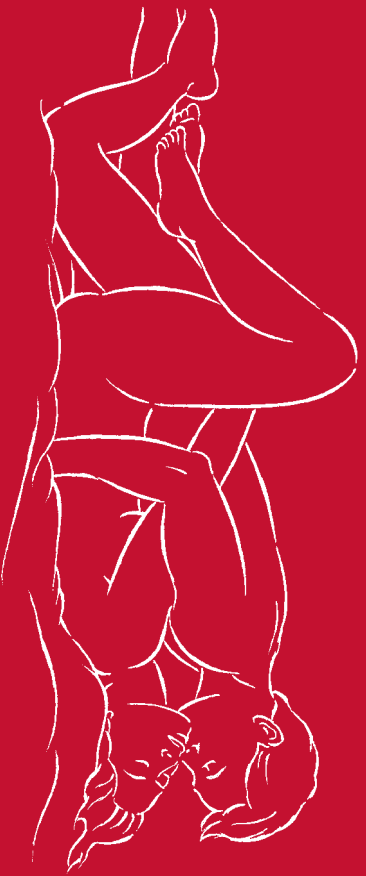
CAUTION: Missionary can be uncomfortable if the man is heavy. If this is the case, he should support more of his weight with his arms (hands and/or elbows) and knees. You may find that a woman-on-top position, or variation where less of the man's weight rests on the woman, is more enjoyable for you both.

EFFORT



2

BOOSTED MISSIONARY



BOOSTED MISSIONARY

2

HOW TO ACHIEVE: As with standard Missionary, the woman lies on her back and parts her legs, but she also bends her knees. The man lies on top, supporting his weight on his arms, and penetrates her. After he's slid inside, the woman places her feet on his thighs or buttocks.

WHY IT'S GOOD FOR MEN: Though you don't have as much control over thrusting as in the traditional Missionary position, penetration is far deeper when your partner bends her legs. The higher up your body she places her feet, the deeper you will get.

WHY IT'S GOOD FOR WOMEN: If you put your feet on your partner's buttocks, it pushes his pubic bone against your clitoris and helps give you maximum stimulation. You can push your partner deeper inside you by controlling his thrusts with your feet or hands. It's great for making a man's penis feel bigger.

CAUTION: If the man is heavy this position can be uncomfortable, in which case he should support more of his weight with his arms (hands and/or elbows) and knees. A woman-on-top position, or variation where less of the man's weight rests on the woman, may be more pleasurable for you both. Be careful if the man has a bad back, as the pressure on his buttocks may be too much.





LEG WRAP

3

(MAN ON TOP)

LEG WRAP

3

HOW TO ACHIEVE: The Leg Wrap is a great variation on the classic Missionary position. The woman lies on her back and parts her legs with her knees bent. The man lies on top, supporting his weight on his arms, and penetrates her. The woman then wraps her legs around his torso.

WHY IT'S GOOD FOR MEN: Penetration is extremely deep, and your partner's vagina will be tighter in this position.

WHY IT'S GOOD FOR WOMEN: You have more control over the pace than in classic Missionary, as you can pull your partner towards you with your thighs. Your clitoris rubs against the base of his penis adding extra stimulation. Also, if your partner is less well-endowed than you might hope, this position will make his penis feel bigger, as the position tightens your vagina.

CAUTION: This position can be uncomfortable if the man is heavy, in which case he should support more of his weight on his arms (hands and/or elbows) and knees. A woman-on-top position, or variation where less of the man's weight rests on the woman, may be more pleasurable for you both. This position should also be avoided if the man is particularly well-endowed or the woman has a sensitive cervix.

EFFORT





4

CHEST LOCK

(MAN ON TOP)

CHEST LOCK

4

HOW TO ACHIEVE: The woman lies on her back and raises her knees to her chest, with her legs bent. She may find it easier to stay in this position if she wraps her arms around her knees. The man then lies on top, supporting his weight on his arms, and slides in. The woman can then rest her feet on the man's shoulders if she finds this more comfortable.

WHY IT'S GOOD FOR MEN: Penetration is extremely deep and you get an incredibly intimate view of your partner while you are making love.

WHY IT'S GOOD FOR WOMEN: This position will make your partner's penis feel bigger, as it tightens your vagina. It's easier for him to hit your G-spot in this position, too. He can also caress your breasts (depending on the position of your legs) if he's strong enough to support his body weight on one arm.

CAUTION: This can be particularly uncomfortable if the man is heavy or large, in which case he should support more of his weight with his arms (hands and/or elbows) and knees. A woman-on-top position, or variation where less of the man's weight rests on the woman, will probably be more pleasurable for you both. This position should also be avoided if the man is particularly well-endowed or the woman has a sensitive cervix.

EFFORT





5

RIGHT ANGLE

(MAN ON TOP)

RIGHT ANGLE

5

HOW TO ACHIEVE: The woman lies on her back, keeping one leg straight and raising the other one as high as she can, aiming to rest it on her partner's shoulder. The man kneels between the woman's thighs and penetrates her. He can hold onto the woman's raised leg or caress her body while making love.

WHY IT'S GOOD FOR MEN: This will deepen penetration. The higher your partner's leg, the deeper the penetration, as it lengthens the vagina.

WHY IT'S GOOD FOR WOMEN: The man's hands are free to caress your breasts, torso, and clitoris. This position will make your partner's penis feel bigger, as it tightens your vagina and gives deep penetration. It is also easier for him to hit the G-spot in this position.

VARIATIONS: For even deeper penetration, try it with both of the woman's legs on the man's shoulders. The woman will need to be fairly flexible for this, though!

CAUTION: If the man has a particularly large penis, he should move slowly until he's certain that his partner is comfortable. The woman shouldn't try to raise her leg higher than feels comfortable; cramped and strained muscles aren't a good thing!

EFFORT





6

ASSISTED MISSIONARY

(MAN ON TOP)

ASSISTED MISSIONARY

6

HOW TO ACHIEVE: The woman lies on her back and places a cushion underneath her raised hips. The man then slides in. Be sure to use a firm cushion rather than a soft one, as the sustained height is necessary for maximum stimulation.

WHY IT'S GOOD FOR MEN: This position deepens penetration. It also gives you easy access to caress and kiss your partner's breasts.

WHY IT'S GOOD FOR WOMEN: Depending on the angle, you can use this position to increase clitoral stimulation or make it easier for your partner to hit your G-spot. This position will also make your partner's penis feel bigger.

VARIATIONS: Try varying the position of the cushion, to see which is the best place to help the woman really hit the spot. You may find that more than one cushion makes things even better.

CAUTION: If the man has a particularly large penis, he should move slowly until he's certain that his partner is comfortable.

EFFORT





BUM LIFT

7

(MAN ON TOP)

BUM LIFT

7

HOW TO ACHIEVE: The woman lies on her back with her legs spread. The man then puts his hands under her hips and lifts them up to best angle his penis toward her G-spot. He should also spread his legs, as this takes the pressure off his testicles, ensuring they're not too squashed to feel stimulated. The woman then rests her legs on the man's arms or shoulders.

WHY IT'S GOOD FOR MEN: It offers a slightly different angle of penetration, which may appeal to some. Many men enjoy the view, as they can see everything that's happening very clearly, which can increase arousal. After all, it's your own personal erotic film! It will also deepen penetration.

WHY IT'S GOOD FOR WOMEN: This position has to be taken slowly; although it's quite labor-intensive, it allows for easy clitoral and breast stimulation. This position will also make your partner's penis feel bigger.

CAUTION: If the man has a particularly large penis, he should move slowly until he's certain that his partner is comfortable.

EFFORT





8

ON THE EDGE

(MAN ON TOP)

ON THE EDGE

8

HOW TO ACHIEVE: The woman lies on her back, dangling her legs and thighs over the edge of the bed, sofa, kitchen table, office desk, etc. She spreads her legs, resting her feet on the floor if she can reach, and the man then stands or kneels between her thighs and penetrates her.

WHY IT'S GOOD FOR MEN: This allows for maximum thrust and deep penetration. You get an incredibly intimate view (and if you do it in front of a mirror, your partner can enjoy the view, too). You also have easy access to your partner's breasts and clitoris.

WHY IT'S GOOD FOR WOMEN: Your partner can easily caress your breasts and clitoris—as can you. This is also a great position for using a sex toy; use a vibrator on your clitoris while your partner thrusts into you.

VARIATIONS: For a slightly more adventurous position, try it with the man lying on top of the woman, keeping one leg on the floor and the other leg kneeling up on the relevant surface for added leverage. The woman can then wrap one, or both, of her legs around the man's waist.

CAUTION: If the man has a particularly large penis, he should move slowly until he's certain that his partner is comfortable. Also, be careful if the woman has back problems, as this position may put too much strain on her back.

EFFORT





9

JUMPING FROG

(MAN ON TOP)

JUMPING FROG

9

HOW TO ACHIEVE THIS POSITION: Start in the Missionary position. The man then raises himself up onto all fours and the woman raises her pelvis to meet his penis. The man should stay still as the woman controls the action from underneath. (If you think you can manage it, start making love in the Missionary position and then both raise up simultaneously.)

WHY IT'S GOOD FOR MEN: You get a great view of your partner. She can caress your testicles relatively easily, if that's something you're into. You also get to have a rest and feel your partner control the pace!

WHY IT'S GOOD FOR WOMEN: This position tightens up the pelvis, boosting orgasm potential. It also puts you in control of the angle, so you can ensure that you get as much clitoral stimulation as you want. Your partner can easily caress your breasts in this position, too. Penetration isn't that deep, so this is ideal if your partner is particularly well-endowed and you don't want him to be too deep inside you.

CAUTION: Don't try this if the woman has a bad back, as it will put too much strain on it. Also, the woman needs to have good leg muscles in order to keep this position up for any length of time.

EFFORT





10
CAT

HOW TO ACHIEVE: For Coital Alignment Technique (CAT), the man begins in the Missionary position, resting his full weight on the woman, then edges forward so that his pelvis is directly over hers. The woman wraps her legs around him, keeping them straight, then presses up as he moves backwards so that they're both rocking gently against each other. As orgasm approaches, rather than speeding up, just keep gently rocking so that the orgasm comes naturally rather than being "chased."

WHY IT'S GOOD FOR MEN: It's less intensive than the usual Missionary position and you're more likely to feel your partner climaxing around you.

WHY IT'S GOOD FOR WOMEN: This stimulates the G-spot and clitoris and is thought to assist mutual orgasm.

VARIATIONS: Covering each other in oil or lubricant can add sensation, as you can glide seductively against each other. Start with an erotic massage and then add extra oil to each other's chests before moving into the Missionary position. (If you use oil, keep it well away from pelvic regions, as oil can deteriorate condoms.)

CAUTION: This can be uncomfortable if the man is heavy. A position where less of the man's weight rests on the woman may be more pleasurable for you both.



11
THE CROSS

(MAN ON TOP)

THE CROSS

11

HOW TO ACHIEVE: The woman lies on her back and the man lies across her at right angles to make a “cross” shape. The woman then brings her “outer” leg (the leg under his thigh) up between the man’s legs, so that their legs are interlocked, and he slides in.

WHY IT’S GOOD FOR MEN: Your partner’s vagina is tight in this position, adding extra stimulation for you. It’s also easy for her to stroke your testicles, stimulate your perineum, or even slip a finger inside your anus to stimulate your prostate.

WHY IT’S GOOD FOR WOMEN: Penetration isn’t that deep in this position, making it ideal if your partner is extremely well-endowed and you want to avoid full penetration. However, because of the unusual angle, it’s worth using lots of lubricant. This position exposes the clitoris, enabling you to stimulate it or rub it against your partner’s thigh. It’s also a great position for using a sex toy; use it on your clitoris while your partner penetrates you.

CAUTION: This position shouldn’t be attempted if either of you has a bad back. Also, it may be uncomfortable if the man is heavy, in which case a woman-on-top position may be more pleasurable for you both.

EFFORT





12
THE CHAIN

(MAN ON TOP)

THE CHAIN

12

HOW TO ACHIEVE: The woman lies on her back with her legs spread widely apart and the man, facing her feet, lowers himself on top so that his feet are on either side of her shoulders and his legs are over her hips. The woman rests her legs on the man's back as he thrusts into her backwards. The woman can pull on his hips to deepen penetration.

WHY IT'S GOOD FOR MEN: The unusual angle can stimulate parts that other positions may not reach! Your partner has easy access to your testicles, perineum, and anus, if you enjoy stimulation in any of these areas.

WHY IT'S GOOD FOR WOMEN: This stimulates the G-spot due to the unusual angle. It also makes a large penis seem smaller, ideal if your partner is particularly well-endowed.

CAUTION: This can be uncomfortable if the man is heavy, in which case he should support more of his weight with his arms (hands and/or elbows) and knees. You may find that a woman-on-top position, or variation where less of the man's weight rests on the woman, is more pleasurable for you both. Take this position very slowly, as you don't want to bend the penis back too far!

EFFORT



13

AROUND THE CLOCK I



AROUND THE CLOCK I

13

HOW TO ACHIEVE: Begin making love in the Missionary position. Once both partners are fully aroused, the man uses his hands, push-up style, to move himself around a quarter turn, so he's at a 90-degree angle to the woman. He then thrusts in this position before pushing himself around by another quarter turn again, so that his feet are at the woman's head. After thrusting in this position, he does the same again, making another quarter turn, and finally one last quarter turn so that he's back in Missionary position.

WHY IT'S GOOD FOR MEN: By changing the angle of penetration you stimulate different parts of the penis.

WHY IT'S GOOD FOR WOMEN: This is great for G-spot stimulation, and the varying angles as your partner turns can help you discover erogenous zones you never knew existed!

CAUTION: This is an ambitious position and not one to be entered into lightly. If the man is very heavy, it's probably best not to attempt this position. Also, the man needs strong arms to be able to manage it. Make sure you proceed very slowly, as you don't want to bend the penis back too far.



EASY RIDER I

(WOMAN ON TOP)

EASY RIDER I

14

HOW TO ACHIEVE: The man lies on his back while the woman straddles him, leaning forward with her weight on her hands, and rides him.

WHY IT'S GOOD FOR MEN: It generally takes longer for a man to come in this position, so it's a great one to try if you want to take your time. For deeper penetration, arch your pelvis toward your partner, although this position is already pretty deep.

WHY IT'S GOOD FOR WOMEN: One of the best things about this position is the amount of clitoral stimulation it provides. The more you lean forward, the better the stimulation. Obviously, the man's movement is restricted in this position. If you like, you can maximize this aspect by pinning your partner's arms to the bed while you make love.

This position also allows you to set the speed and depth of penetration—and if sex doesn't last as long as you'd like, this position can improve things as you can keep penetration shallow and go at your pace rather than his.

CAUTION: This position can be uncomfortable if the man is particularly well-endowed or the woman has a sensitive cervix.

EFFORT





15
EASY RIDER II

(WOMAN ON TOP)

EASY RIDER II

15

HOW TO ACHIEVE: The man lies on his back while the woman straddles him, facing him. Once he's penetrated her, she leans back onto her arms.

WHY IT'S GOOD FOR MEN: It generally takes longer for a man to come in this position, so it's a great one to try if you want to take your time. For deeper penetration, arch your pelvis towards your partner, although this position is already pretty deep. Your partner can easily caress your testicles in this position, too.

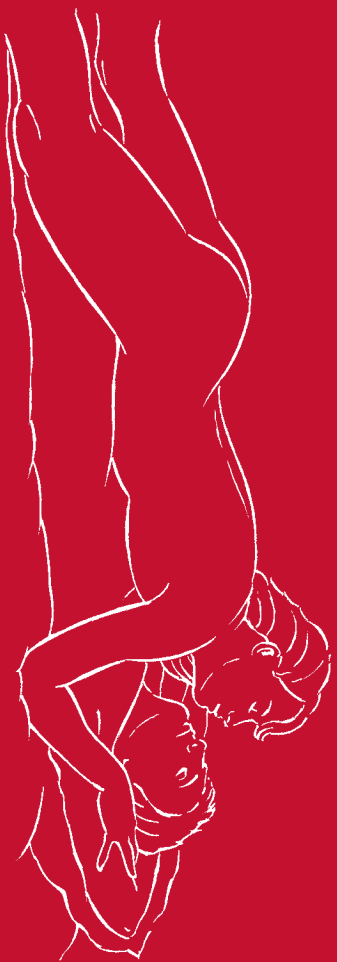
WHY IT'S GOOD FOR WOMEN: This position puts you in control: You can set the speed and depth of penetration. The angle of your vagina when you're leaning back on your arms makes this position great for G-spot stimulation. Plus, you or your partner can easily stimulate your clitoris in this position.

CAUTION: This position can be uncomfortable if the man is particularly well-endowed or the woman has a sensitive cervix.

EFFORT



16
REVERSE CAT



REVERSE CAT

16

HOW TO ACHIEVE: For reverse Coital Alignment Technique (CAT), begin in the traditional woman-on-top position for penetration (see Easy Rider 1). The woman gradually moves forward until she is lying directly on top of the man. She then controls the pace, rubbing her body up and down against the man.

WHY IT'S GOOD FOR MEN: You get to feel your partner's breasts rubbing against you in this deeply sensual position. This position is ideal if you are very well-endowed, as it controls the depth of penetration. If your partner keeps her legs together, her vagina will be tighter.

WHY IT'S GOOD FOR WOMEN: By gently rocking and circling while the man is inside you, the clitoris and pubic area get maximum stimulation while his penis stimulates you inside. It's also a lot less tiring on your thighs than traditional woman-on-top positions.

CAUTION: This can be uncomfortable if the woman is particularly heavy, in which case she should support more of her weight with her arms, knees, and shoulders. Alternatively, a man-on-top or side-by-side position may be preferable for both of you.





17

ROCK 'N' ROLL

(WOMAN ON TOP)

ROCK 'N' ROLL

17

HOW TO ACHIEVE: Start in the traditional woman-on-top position (see Easy Rider 1). The man gradually sits up, holding the woman in his arms. She wraps her arms around him, hooks her legs around his waist, then rocks her way to climax, while the man rolls his hips.

WHY IT'S GOOD FOR MEN: This provides deep penetration. You've got easy access to caress your partner's breasts and back. If your nipples are sensitive, your partner can easily stimulate them.

WHY IT'S GOOD FOR WOMEN: Your G-spot is stimulated in this position. Indeed, move slowly from the basic woman-on-top into the Rock 'n' Roll position and you'll find parts of you stimulated that you may never have felt before!

CAUTION: Don't try this position if either of you has back problems, and be careful if you're doing this on the bed—you might lose your balance and fall off if the rocking becomes vigorous! It may be best to try it on the floor to start off with, until you get the hang of it.

EFFORT



18

SHOULDER STRADDLE



(WOMAN ON TOP)

SHOULDER STRADDLE

18

HOW TO ACHIEVE: The woman sits astride the man, facing him, and he penetrates her. She then puts her legs over his shoulders and leans back on her hands. The man controls the pace in this position.

WHY IT'S GOOD FOR MEN: This is great for deep penetration—and the further back you lean, the deeper the penetration. If you look down, you get an extremely intimate view.

WHY IT'S GOOD FOR WOMEN: When your partner leans back, it pushes his penis against your G-spot and increases your pleasure. Your partner also has easy access to your breasts and clitoris. If you want your partner's penis to feel bigger, this position is ideal.

VARIATIONS: If the man begins in a fairly upright sitting position, he can then gradually lean back to find the optimum angle for you both. He can also hold the woman's hips or buttocks to help pull her into him as he thrusts.

CAUTION: Don't try this position if either of you has back problems, and be careful if you're doing this on the bed in case you lose your balance and fall off! Take it slowly until you get the rhythm.

EFFORT





19

RAISED KNEELING

(WOMAN ON TOP)

RAISED KNEELING

19

HOW TO ACHIEVE: The man kneels and the woman sits astride him, keeping her legs bent, supporting herself either on one arm (or both) or by holding her partner. The man controls the thrusting, and can either grip his partner's hips or caress her body.

WHY IT'S GOOD FOR MEN: You can angle your partner's vagina to exactly the right position for maximum pleasure. You also have a great view of your partner's breasts and can easily caress them.

WHY IT'S GOOD FOR WOMEN: This kneeling position puts your clitoris in the perfect place to rub against your partner's torso and get the stimulation it needs. You can also get great G-spot stimulation due to the angle of your hips.

CAUTION: This position can be uncomfortable if the man is particularly well-endowed or the woman has a sensitive cervix. It may also be a difficult position to do if the woman is very large.

EFFORT





20
HEAD RUSH

HEAD RUSH

20

HOW TO ACHIEVE: The woman sits astride the man in the traditional woman-on-top position (see Easy Rider 1), then leans back as far as she can until her head is hanging down between the man's legs. (If you're positioned in the right place on the bed, she can even hang her head off the edge for extra excitement.) The man then grips the woman's hips and controls the thrusts.

WHY IT'S GOOD FOR MEN: The unusual angle can stimulate different parts of your penis than the traditional woman-on-top position. Also, if your partner feels sufficiently balanced, she can slide one hand underneath her back to caress your testicles.

WHY IT'S GOOD FOR WOMEN: It's a great way to stimulate the G-spot, and this position also presents the clitoris for manual stimulation by either you or your partner. Plus, there's the added factor of feeling a rush of blood to the head, which some women find arousing.

CAUTION: Some women feel faint when blood rushes to their heads, so proceed carefully and stop immediately if the woman becomes dizzy. Move slowly in this position to begin with, until you know exactly what the best angle is for both of you. You don't want the penis to bend back too far! Also, the woman will need to be fairly flexible to achieve this position.





21
REVERSE COWGIRL

(WOMAN ON TOP)

REVERSE COWGIRL

21

HOW TO ACHIEVE: The woman sits on top of the man, straddling him backwards so that she's facing his feet. She then has the option of putting her hands on his knees or on either side of him, if she feels the need for extra leverage.

WHY IT'S GOOD FOR MEN: You get visual stimulation from watching your partner's buttocks, and you can stroke her back, neck, and breasts. Also, your partner has easy access to your testicles and perineum.

WHY IT'S GOOD FOR WOMEN: You get great G-spot stimulation in this position, plus your partner can easily caress pretty much your entire body. You also have plenty of freedom to alter the angle of penetration, as desired, by leaning forward or back.

VARIATIONS: If either of you like the idea of anal stimulation, this is a good position for introducing a sex toy into your love play—whether the woman wants the man to use it on her, or vice versa.

CAUTION: Move slowly in this position until you know exactly what the best angle is for both of you. You don't want the penis to bend back too far!

EFFORT





22
AROUND THE CLOCK II

(WOMAN ON TOP)

AROUND THE CLOCK II

22

HOW TO ACHIEVE: Start in the traditional woman-on-top position, with the woman facing forward (see Easy Rider 1). Once she is well lubricated, she then makes a quarter turn, keeping the penis inside her, and then makes another quarter turn so that she's got her back to the man. She carries on making quarter turns, getting faster as she gets more comfortable with it.

WHY IT'S GOOD FOR MEN: This will make your penis feel bigger and stimulate every part of your penis. Your partner can stroke your testicles while you make love.

WHY IT'S GOOD FOR WOMEN: This really does stimulate every part of a woman, from the G-spot and A-spot (Anterior Fornix—the area between the G-spot and the cervix) to the clitoris. You'll both get some new sensations from it.

CAUTION: It's not easy, so don't try this position unless you're really comfortable with your partner—there's a reasonable chance the woman could fall off, and you need to be able to laugh together rather than feel embarrassed in this situation. Move slowly in this position until you know exactly what the best angle is for both of you. You don't want the penis to bend back too far!

EFFORT



23

FEET AND INCHES



(WOMAN ON TOP)

FEET AND INCHES

23

HOW TO ACHIEVE: The man lies on his back and bends his knees outward, putting his feet together so that the soles are touching. The woman then sits on his feet, leaning back slightly to support some of her weight with her arms, and he uses his feet to pull her onto his penis.

WHY IT'S GOOD FOR MEN: By moving your feet back and forth, you can control the penetration without ever withdrawing the penis entirely. This constant but gentle stimulation will help you last longer.

WHY IT'S GOOD FOR WOMEN: This is a tantric-style sexual experience and allows lots of opportunity for you or your partner to caress your breasts and the rest of your body. In particular, if your feet are an erogenous zone, this is the perfect opportunity for your partner to caress and kiss them as you make love.

CAUTION: It's not easy, so don't try this unless you're really comfortable with your partner. There's a chance the woman could fall off, and you need to be able to laugh together rather than feel embarrassed in this situation. Make sure you move slowly in this position until you know exactly what the best angle is for both of you. The woman should be prepared to climb off quickly if the man gets a cramp!

EFFORT





24
THE BACK FLIP

(WOMAN ON TOP)

THE BACK FLIP

24

HOW TO ACHIEVE: Start with the woman lying face up on top of the man (see The Sun Worshiper). Both sit up slowly, the man then leaning back on his arms, and the woman leaning forward. The man can then slot his knees in front of the woman so that she can lean against them, giving him more control over how far she can lean, and he thrusts as she gently rocks against him.

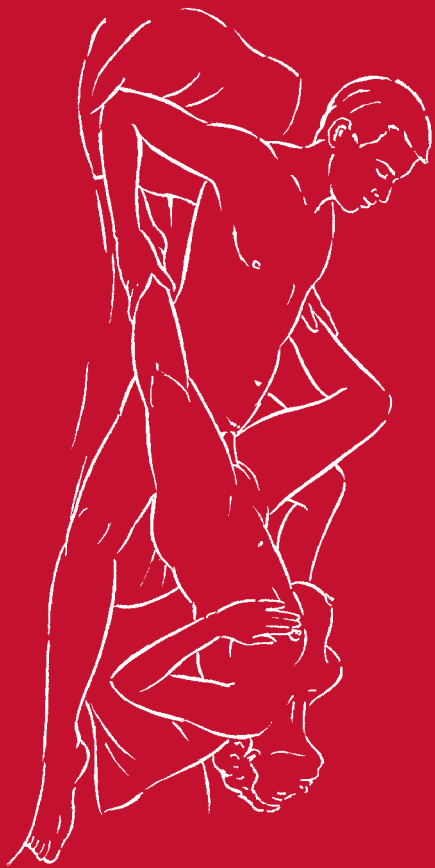
WHY IT'S GOOD FOR MEN: Your partner has easy access to your testicles, perineum, and anus, so this is an ideal position if you enjoy stimulation in any of these places. You can also easily caress your partner.

WHY IT'S GOOD FOR WOMEN: This offers great G-spot thrills and your partner has easy access to your back, neck, and breasts.

CAUTION: Don't try this position if either of you has back problems. It may also be uncomfortable if the woman is particularly heavy. Take it slowly to begin with, until you've both got your balance.

EFFORT





2.5
STARGAZER

STARGAZER

25

HOW TO ACHIEVE: Start in the traditional woman-on-top position (see Easy Rider 1). The woman then leans back, stretching her legs out in front of her, until she's looking at the ceiling, with her head resting on or between her partner's feet (a pillow underneath her shoulders will make this position more comfortable for the woman). As neither of you can see each other or touch each other much, this really focuses attention on your genitals.

WHY IT'S GOOD FOR MEN: If your feet are an erogenous zone, this allows lots of opportunity for your partner to kiss and caress them. The unusual angle of penetration will help stimulate parts of your penis that aren't normally aroused, and you can get an exceptionally intimate view from this position.

WHY IT'S GOOD FOR WOMEN: It's the ultimate lazy position. You can caress your breasts, and either of you can use a toy on your clitoris for extra thrills. If your feet are an erogenous zone, this allows your partner to kiss and caress them.

CAUTION: The woman needs to be relatively flexible for this position, so don't try it if she has back problems. Move slowly to begin with, until you know exactly what the best angle is for both of you. You don't want the penis to bend back too far. Also, you both might want to make sure your feet are clean!





26
THE PUSH-UP

THE PUSH-UP

26

HOW TO ACHIEVE: The woman lies on top of the man, face-down, with her weight resting on her arms. She then uses her arms to control the thrusting and penetration “push-up” style. This position is great for “teasing”; the woman lowers herself onto the man’s penis but only slides down as far as the head before easing back. She repeats this ten times before sliding all the way down to the base of his shaft in one go. After that deep thrust, she pulls back up again, teasing the head eight times before slamming back down, this time for two thrusts. Next, she tries seven shallow thrusts and three deep ones, and so on.

WHY IT’S GOOD FOR MEN: You can lie back and enjoy things while your partner sets the pace. You can easily caress your partner’s breasts; she can kiss your lips and chest.

WHY IT’S GOOD FOR WOMEN: You set the pace, and can angle your hips for maximum clitoral stimulation.

VARIATIONS: If you want to spice things up a bit, it’s an ideal position for the woman to pin the man down by his arm, and stay in total control.

CAUTION: Don’t try this position if the woman has back problems. Also, the woman needs to be relatively flexible, and have good upper-body strength.





27

STANDING DOGGIE

(SITTING & STANDING)

STANDING DOGGIE

27

HOW TO ACHIEVE: The woman stands in front of the man with her back to him, bending forward from the waist and leaning against a wall, while the man penetrates her from behind. The fast and furious nature of this position gives you both an additional thrill. (Note: You may find this position tricky if you're of radically different heights!)

WHY IT'S GOOD FOR MEN: Penetration is deep and it's an easy way to have doggie-style sex.

WHY IT'S GOOD FOR WOMEN: Your partner has plenty of opportunity to caress your breasts, clitoris, and the rest of your body. This position is also great for hitting the G-spot.

VARIATIONS: This is an ideal position if you fancy getting frisky outdoors.

CAUTION: This position can be uncomfortable if the man is particularly well-endowed or the woman has a sensitive cervix. If you try it outdoors, bear in mind that it's illegal, so handle with care!

EFFORT





28

SEATED STRADDLE

(SITTING & STANDING)

SEATED STRADDLE

28

HOW TO ACHIEVE: The man sits down on a chair and the woman straddles him. This can work on an armchair but you'll probably find it easier on a kitchen or desk chair without any armrests. There's plenty of opportunity here for kissing and caressing one another.

WHY IT'S GOOD FOR MEN: It's a decadent and lazy position where you can quite simply sit back and enjoy it! Your partner can easily reach between your legs to caress your testicles while you make love. Penetration is relatively deep.

WHY IT'S GOOD FOR WOMEN: You can use your legs rather than just your thighs to control the "riding," which makes it a bit easier on the thighs than traditional woman-on-top positions. Also, your partner can easily caress and kiss your breasts.

CAUTION: This position can be a bit tiring for the woman's legs and cramping may set in. If this happens, simply change to another position.

EFFORT





29
EASY CHAIR

(SITTING & STANDING)

EASY CHAIR

29

HOW TO ACHIEVE: The woman sits on a chair or sofa and leans back with her legs spread and her arms on the edge of the chair or just held loosely out to the side. The man then kneels to enter her. The further back the woman leans, the more the man can thrust into her.

WHY IT'S GOOD FOR MEN: This position offers relatively deep penetration and you'll get an intimate view. It's also easy for you to caress your partner's body.

WHY IT'S GOOD FOR WOMEN: This position can make sex last longer, so it's ideal if you'd like more out of your partner. If you make figure-eight motions with your hips, you'll get great clitoral stimulation and also give your partner extra pleasure. Plus he can easily caress your breasts.

VARIATIONS: You can use this position to make things last longer and have some sexy fun. Have a conversation—or even both read a book while slowly rocking away! Take turns teasing each other, caressing each other's bodies and flexing your love-muscles. It will make your lovemaking last longer and your eventual orgasm will be far stronger.

CAUTION: This position is more likely than some to lead to cramps for the woman. If this happens, simply try a different position.

EFFORT





30

KING FOR A NIGHT

(SITTING & STANDING)

KING FOR A NIGHT

30

HOW TO ACHIEVE: The man sits on a chair, with his legs facing forward and his hands holding the sides of the chair for support. The woman sits astride him, facing him. She then throws her legs over his shoulders, leaning back on her arms, and both partners control the thrusting with their hands and hips.

WHY IT'S GOOD FOR MEN: You get deep penetration—and you can tone up your arms, buttocks, and “six-pack” through the thrusting motion.

WHY IT'S GOOD FOR WOMEN: This stimulates both the G-spot and the A-spot (between the G-spot and the cervix). If your partner's arms are strong enough for him to support his weight with just one arm, he can caress your breasts or clitoris as he thrusts.

CAUTION: This position can be uncomfortable if the man is particularly well-endowed or the woman has a sensitive cervix. Don't try it if either of you has back problems, and be careful—the woman will need a good sense of balance in order to avoid toppling to one side! Take it slowly to begin with, until you both get the rhythm.

EFFORT





31

SIT AND SPIN

(SITTING & STANDING)

SIT AND SPIN

31

HOW TO ACHIEVE: A mellow seated experience can be enjoyed if the man sits down on the washing machine when it's on spin-cycle and the woman sits on his lap, facing away from him, with her arms on either side of his body or in front of her for support. He then slides inside her and she controls the thrusting with her arms.

WHY IT'S GOOD FOR MEN: Your partner can reach between her legs to play with your testicles as she makes love to you—and you get to experience the vibrating sensation of the washing machine firsthand!

WHY IT'S GOOD FOR WOMEN: Your partner can caress your breasts and clitoris as you ride him, and the extra vibration from the washing machine gives an added bonus.

VARIATIONS: This is a good position to incorporate sex toys into if you want even more vibration. The man can use one on the woman's clitoris, or she can try using it on his testicles instead.

CAUTION: Don't try it in a laundrette or you'll get into trouble!

EFFORT





32

SIDWAYS SEATED

(SITTING & STANDING)

SIDEWAYS SEATED

32

HOW TO ACHIEVE: The man sits down on a chair. Rather than sitting astride him, the woman sits sideways, with her legs on the floor or—if it's an armchair—over the side of the chair. She then uses either her hands or her legs to control the thrusting. This offers a very different sensation for both of you, as the angle of approach is very different from normal.

WHY IT'S GOOD FOR MEN: This stimulates the underside of the penis—in particular the coronal ridge (the ridge where the head curves in to meet the shaft), which many men find a deeply erogenous zone.

WHY IT'S GOOD FOR WOMEN: This position is ideal if your partner is extremely well-endowed, as it controls the level of penetration.

CAUTION: Be careful not to stretch the penis into an angle that is uncomfortable for either of you, and move slowly until you're both happy with the feeling.

EFFORT





BALANCING ACT

33

(SITTING & STANDING)

BALANCING ACT

33

HOW TO ACHIEVE: The man sits down on the bed or on the floor with his legs spread, and the woman crouches above him. She slides onto him and then wraps her legs around him. He then wraps his legs around her, and both partners hold hands or arms and lean back, using each other's weight to balance. This is a very intimate position, and allows for lots of kissing and caressing if you pull yourselves in toward one another.

WHY IT'S GOOD FOR MEN: If you sit down and your partner throws her legs wide apart while you support her back with your hands, you can both enjoy deeper penetration.

WHY IT'S GOOD FOR WOMEN: This is great for G-spot stimulation and your partner has easy access to your breasts and clitoris, if you're both able to balance while only holding one of each other's hands.

VARIATIONS: Try this position in the bath! It works really well, and can be easily accomplished without either partner getting uncomfortable.

CAUTION: Be careful not to stretch the penis into an angle that is uncomfortable for either of you, and move slowly until you're both happy with the feeling.

EFFORT





34

SEATED HEADSPIN

(SITTING & STANDING)

SEATED HEADSPIN

34

HOW TO ACHIEVE: The man sits on a chair (you can use an armchair if you like), and the woman sits astride him. She then leans back until her arms are on the floor and her head is dangling down. The woman can use her hands and hips to control the thrusting, while the man can pump his pelvis and play with her clitoris.

WHY IT'S GOOD FOR MEN: You get to sit down and enjoy the action! The unusual angle can stimulate different parts of the penis than traditional seated sex. Plus, your partner can caress your testicles in this position, if she's strong enough to support her weight with one arm.

WHY IT'S GOOD FOR WOMEN: Feeling a rush of blood to the head can be arousing for some women. This position is also a great way to stimulate the G-spot, and it clearly presents the clitoris for manual stimulation by either you (if you are able to support yourself on one arm) or your partner.

CAUTION: Some women feel faint when blood rushes to the head, so be careful and stop if the woman begins to feel too dizzy. Move slowly until you know exactly what the best angle is for both of you. You don't want the penis to bend back too far! Don't try it if the woman has a bad back, as this position could put too much strain on it.

EFFORT





35
THE CRANE

(SITTING & STANDING)

THE CRANE

35

HOW TO ACHIEVE: Both partners stand facing one another. The woman rests one arm on her partner's shoulder while he clasps his arms around her lower back. She then raises her opposite leg up to rest on his shoulder, going as high as possible and aiming for a vertical split. She can then grasp the man's hips or buttocks for extra support, and he can hold onto her raised leg to help her balance.

WHY IT'S GOOD FOR MEN: This gives deep penetration—and also a great view if you do it in front of a mirror.

WHY IT'S GOOD FOR WOMEN: Other than being great exercise (as long as you don't strain any muscles!), this position also helps your partner hit the G-spot and the A-spot (between the G-spot and the cervix). It's great for making a small penis feel bigger and, if you use a wall for support, your partner can caress your breasts while you make love.

CAUTION: The woman will need to be very flexible for this one. Move slowly in this position until you know exactly what the best angle is for both of you. The woman shouldn't force her leg any higher than is comfortable and, if she doesn't have a great sense of balance, using a wall to lean against will make this position easier.

EFFORT



36
THE 3-POINTED STAR



(SITTING & STANDING)

THE 3-POINTED STAR

36

HOW TO ACHIEVE: The woman lies on her back with one leg pointing up in the air and her other leg stretched out to the side, slightly bent. The man then crouches or kneels down, facing her, and penetrates her. In this position, the man can take hold of one—or both—of the woman's legs as he thrusts, to add an extra thrill for both partners.

WHY IT'S GOOD FOR MEN: This position has great visual appeal—you can see your partner intimately. Also, you can set the pace and get deep penetration.

WHY IT'S GOOD FOR WOMEN: This position stimulates the clitoris and G-spot. You can use your free hand(s) to play with your breasts or clitoris.

VARIATIONS: If the man has strong arms, he can lift up the woman's buttocks to change the angle and level of penetration, while the woman reaches forward to hold her bent knee for more stability in this raised position.

CAUTION: The woman needs to be pretty flexible for this position, and the man will need to have strong arms to perform the raised variation. Don't try this one if either of you has a bad back.

EFFORT





37

THE WHEELBARROW

(SITTING & STANDING)

THE WHEELBARROW

37

HOW TO ACHIEVE: The woman starts on all fours. The man, standing behind her, picks up her legs, and holds them on either side of him, so that the woman is resting just on her hands. He then raises her legs until her pelvis is lined up with his and he can penetrate her.

WHY IT'S GOOD FOR MEN: Penetration is deep and it gives you a great view of your partner's buttocks and most intimate areas. It's a fantastic way to tone up your arms too!

WHY IT'S GOOD FOR WOMEN: This position is ideal for making a small penis feel bigger. It's also great for hitting the G-spot, and the head rush from the downward angle can add an extra thrill.

CAUTION: This requires a man with strong arms—and you both have to have a sense of humor! The woman's arms may tire quickly, too, so you might not be able to keep this position up for too long. Bear in mind that blood will rush to the woman's head if she lets it hang down; some women love this, but do be careful—fainting during sex doesn't add any thrill to the proceedings. If the woman feels dizzy, stop.

EFFORT





38
BACKWARDS
WHEELBARROW

(SITTING & STANDING)

BACKWARDS WHEELBARROW

38

HOW TO ACHIEVE: This one's tricky, so experiment with different methods to see what works best for you. To begin, try it from a standing lovemaking position; the woman then wraps her legs around the man's waist, her arms around his shoulders to support her weight, and slowly lowers herself down backwards until her hands touch the floor, with the man holding her waist.

Alternatively, a more exciting method is for the woman to do a handstand against the man, then slide her legs down either side of him as he supports her by her waist. Once she's at the right level, she then wraps her legs together behind him and he penetrates her.

WHY IT'S GOOD FOR MEN: Penetration is deep and you get a great view of your partner's most intimate areas.

WHY IT'S GOOD FOR WOMEN: It's ideal for making a small penis feel bigger, and it's easy for the man to hit the G-spot and give you clitoral stimulation. The head rush may also add an extra thrill.

CAUTION: The man needs to be pretty strong for this position, and the woman needs to be very agile! Bear in mind that blood will rush to the woman's head, which some women enjoy, but be careful; stop if the woman gets dizzy.

EFFORT





39
THE KOALA

(SITTING & STANDING)

THE KOALA

39

HOW TO ACHIEVE: If the man has strong thighs, try having sex standing up while the woman wraps her thighs around the man's waist and her arms around his shoulders. You'll get deep penetration and can kiss and caress each other while you make love in this highly intimate position.

WHY IT'S GOOD FOR MEN: It's a great one for quickies and the urgency adds a sexy thrill. It tones up the thigh muscles too!

WHY IT'S GOOD FOR WOMEN: This position allows plenty of clitoral stimulation as well as deep penetration. You'll also feel "taken over" by passion.

CAUTION: The man needs strong thighs and shouldn't attempt this position if he has a weak back. Use a wall to support some of the woman's weight, if necessary. If the woman is particularly heavy, this position may be unfeasible.

EFFORT





40
DOGGIE STYLE

(FROM BEHIND)

DOGGIE STYLE

40

HOW TO ACHIEVE: The woman gets down on her hands (or elbows) and knees. The man kneels behind her, grasps her hips, and penetrates her.

WHY IT'S GOOD FOR MEN: You have lots of freedom to explore. You can cup your partner's breasts and play with her nipples as you thrust. You can also play with her clitoris—or she can play with herself.

WHY IT'S GOOD FOR WOMEN: It's easy to incorporate sex toys and masturbation here, particularly given that this position doesn't provide any direct clitoral stimulation. A finger or vibrator on the clitoris can give you the best of both worlds: G-spot stimulation through the penetration, and simultaneous clitoral stimulation. It's also an ideal position for stimulating the A-spot (between the G-spot and the cervix), which is easiest to hit from behind.

CAUTION: This can be uncomfortable if the man is very well-endowed or the woman has a sensitive cervix.

EFFORT



41

RAISED DOGGIE STYLE



(FROM BEHIND)

RAISED DOGGIE STYLE

41

HOW TO ACHIEVE: The woman squats (not too low!) and leans forward, resting on her hands and feet rather than on her hands and knees, and the man kneels behind to penetrate her. Some men prefer to put their legs between their partner's thighs while others keep them on the outside. Try both, and see which way works best for you.

WHY IT'S GOOD FOR MEN: If the woman keeps her thighs together, her vagina will be tighter. You get a very intimate view of your partner and there's also added thrill.

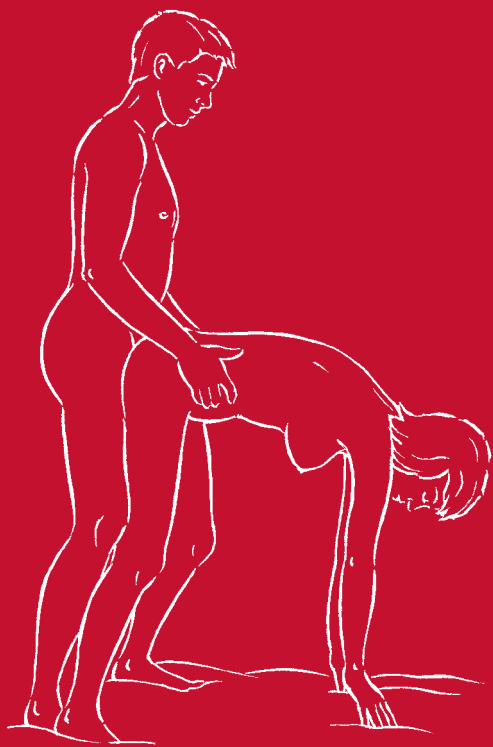
WHY IT'S GOOD FOR WOMEN: Penetration is deep and this will make a small penis feel larger. It stimulates the G-spot and gives your partner—or you—easy access for clitoral stimulation.

VARIATIONS: The man can lift one (or both, if he's strong!) of the woman's legs after he's penetrated her, for an extra thrill.

CAUTION: This can be uncomfortable if the man is very well-endowed or the woman has a sensitive cervix. Also, the woman needs to have strong thighs and be relatively fit to sustain this position; drop into normal Doggie Style if it gets too tiring.

EFFORT





42

LET'S GET PHYSICAL

(FROM BEHIND)

LET'S GET PHYSICAL

42

HOW TO ACHIEVE: The man stands behind the woman, penetrating her, and she bends over—aiming to touch her toes, if possible. If the woman spreads her legs as she bends forward, you'll get maximum penetration.

WHY IT'S GOOD FOR MEN: Not only do you get deep penetration, but the view is incredibly intimate.

WHY IT'S GOOD FOR WOMEN: Your G-spot is stimulated, and your partner may even reach your A-spot (between the G-spot and the cervix). He's got easy access to your breasts, and there's the added bonus that you'll get fit!

VARIATIONS: The woman can bend over a bed or table if touching her toes is too difficult. Strained muscles won't enhance your enjoyment.

CAUTION: This can be uncomfortable if the man is very well-endowed or the woman has a sensitive cervix. Also, the woman needs to be relatively fit to sustain this position; stand up and bend against a wall if it gets too tiring. If the woman gets dizzy, change into a more comfortable position.

EFFORT





43
THE SUN WORSHIPER

(FROM BEHIND)

THE SUN WORSHIPER

43

HOW TO ACHIEVE: For a lazy and languorous variation of sex from behind, the man lies on his back with the woman lying on her back on top of him. She then controls the pace, grinding her body against him while he caresses her body. (Note: This position isn't ideal if the man doesn't have a large penis.)

WHY IT'S GOOD FOR MEN: You can enjoy the sensual sliding of your partner's body against yours. Penetration is not that deep, but this position constantly stimulates the head of the penis and the frenum (the vertical ridge of skin that runs from the shaft to the head), which are both more sensitive than the shaft.

WHY IT'S GOOD FOR WOMEN: The vagina is most sensitive at the entrance. Your clitoris and breasts are easily reachable by you or your partner.

VARIATIONS: The woman can try gradually sitting up to vary the depth of penetration. Apply some oil or lubricant to the man's torso and the woman's back to help add to the sensual slide.

CAUTION: This position can be uncomfortable if the woman is particularly heavy, in which case you may find it preferable to try a man-on-top or side-by-side position.

EFFORT



4-4
BENDING BEAUTY



(FROM BEHIND)

BENDING BEAUTY

44

HOW TO ACHIEVE: The woman kneels by the side of the bed, facing it, while the man kneels and penetrates her from behind. The further forward the woman leans, the deeper the penetration.

WHY IT'S GOOD FOR MEN: Penetration is deep and your partner can reach behind to play with your testicles.

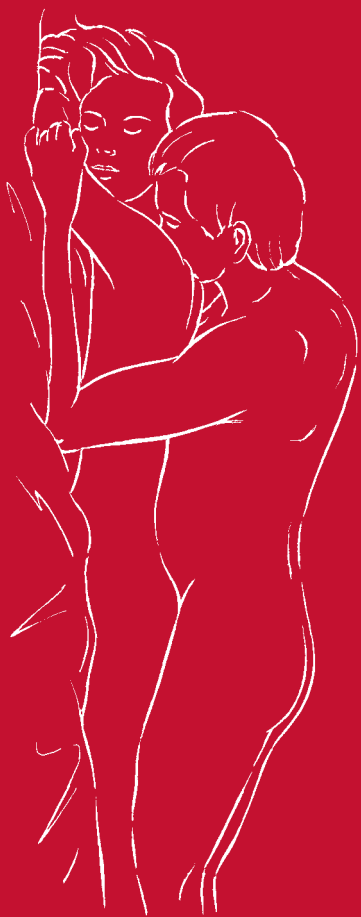
WHY IT'S GOOD FOR WOMEN: Your partner can easily caress your breasts, kiss or massage your back and neck, and slip his hand between your thighs to stroke your clitoris. You'll get great G-spot stimulation too.

VARIATIONS: For an added thrill, try bending over the kitchen table, an office desk, or any other suitable surface!

CAUTION: This position may be uncomfortable if the man is particularly well-endowed or the woman has a sensitive cervix. Also, the woman might want to kneel on a cushion to prevent her knees from getting sore.

EFFORT





45
FLAT DOGGIE

(FROM BEHIND)

FLAT DOGGIE

45

HOW TO ACHIEVE: The woman lies on her front and the man lies on top of her, entering her from behind.

WHY IT'S GOOD FOR MEN: You can feel your testicles pressing against your partner's buttocks as you thrust. Try putting a pillow under the woman's hips to deepen penetration (see Pillow Power).

WHY IT'S GOOD FOR WOMEN: Penetration isn't as deep as it is with the classic Doggie Style, so this is a good one to try if the man is particularly well-endowed. You can also masturbate with a toy or your fingers while you're having sex.

VARIATIONS: Add some lubricant to the man's chest and the woman's back so that you can sensually writhe together.

CAUTION: This can be uncomfortable for the woman if the man is heavy, in which case he should support his weight with his arms (hands and/or elbows).

EFFORT





46

DISCREET DOGGIE

(FROM BEHIND)

DISCREET DOGGIE

46

HOW TO ACHIEVE: The woman stands upright with the man behind her. He then penetrates her.

WHY IT'S GOOD FOR MEN: In this intimate position you have easy access to your partner's breasts and clitoris. Your partner can lean forward against a wall to deepen penetration (see Standing Doggie).

WHY IT'S GOOD FOR WOMEN: Your partner can easily caress your breasts and clitoris and kiss your back and neck—ideal if your neck is an erogenous zone.

VARIATIONS: Varying location is a wonderful way to keep things fun and new—particularly if you're in a long-term relationship—and this is an ideal position to use. If you have sex outdoors, you'll find it easiest if the woman wears a short skirt and no underwear; the man should wear a long coat to keep things hidden from prying eyes. Pick somewhere with a nice view (a bridge or the top of a hill, for instance), then pretend to be admiring the view while the real fun is happening beneath the coat! This position's also great if you want to join the Mile High Club.

CAUTION: This position may be uncomfortable if the man is particularly well-endowed or the woman has a sensitive cervix. And remember: It's illegal to have sex in public, so be very careful if you try it!

EFFORT





47
PILLOW POWER

(FROM BEHIND)

PILLOW POWER

47

HOW TO ACHIEVE: The woman lies on her front with a pillow positioned underneath her vulva. The man then penetrates her from behind, supporting his weight on his arms.

WHY IT'S GOOD FOR MEN: Penetration is deep; the higher the woman's pelvis, the deeper the penetration.

WHY IT'S GOOD FOR WOMEN: The pillow under your vulva can add the clitoral friction you need, making it easy to masturbate. Masturbating during sex is one of the easiest ways to increase the chances of achieving orgasm. It's not a negative comment on the man's skills; if anything, it shows great intimacy between partners, as masturbating in front of your lover requires a certain amount of trust.

VARIATIONS: Try using more than one pillow to find the sensation you both like the most.

CAUTION: Penetration can be overly deep if the man is particularly well-endowed or if the woman has a sensitive cervix.

EFFORT





4-8
SPOONING

(FROM BEHIND)

SPOONING

48

HOW TO ACHIEVE: Possibly the most relaxing of sexual positions is Spooning. Both of you lie on your sides, facing in the same direction, with the man behind the woman. The man slides in and you both rock to orgasm. You can kiss in this position, and the man can stroke the woman all over her body as you make love.

WHY IT'S GOOD FOR MEN: It's easy to do, and you can vary the depth of penetration if your partner leans forward.

WHY IT'S GOOD FOR WOMEN: Your partner can easily caress your breasts and clitoris, as well as your entire body. This gentle position is ideal during pregnancy, as your stomach is supported.

VARIATIONS: Eat exotic nibbles and sip champagne to add a touch of decadence!

CAUTION: If the man has a particularly large stomach, then this can be a difficult position for you to try—a woman-on-top position may be more pleasurable for you both.

EFFORT





49
THE ROLL

(FROM BEHIND)

THE ROLL

49

HOW TO ACHIEVE: Start in the Reverse Cowgirl position, but with the woman leaning back and resting on her arms. When the woman's legs begin to tire, she untucks them from the kneeling position, sliding her feet forward so that her legs are out straight, lying between the man's legs. The man then wraps his legs around hers, holding her thighs with his hands, and they roll into side-by-side sex.

WHY IT'S GOOD FOR MEN: This will give deeper penetration than traditional side-by-side sex, and the roll itself gives you an extra thrill.

WHY IT'S GOOD FOR WOMEN: It's a great way to avoid getting too tired during sex.

VARIATIONS: Once you've done the first roll into the side-by-side position, you can roll over again, so that the man is having sex with the woman from behind, lying on top of her. And you can keep on rolling, if you've got the energy, to end up back where you started!

CAUTION: This rolling position can be uncomfortable—and tricky—if either partner is particularly heavy or large. You also need to be careful not to fall off the bed!

EFFORT



50

SIDE-BY-SIDE LEG STRETCH



(FROM BEHIND)

SIDE-BY-SIDE LEG STRETCH

50

HOW TO ACHIEVE: Begin in the side-by-side position (see Spooning). The woman then reaches down and grabs the man's feet, pulling them up toward her—keeping his legs straight—as far as she can. Since the toes are an erogenous zone, the woman should squeeze her partner's feet at the point of orgasm.

WHY IT'S GOOD FOR MEN: All your nerves are stimulated in this position, with the combination of the lovemaking and the pressing of the reflexology points on your feet. Penetration is deep, and your leg muscles get a good stretch!

WHY IT'S GOOD FOR WOMEN: This is good for making a small penis feel bigger. Your partner can easily caress your breasts, buttocks, and back in this position.

VARIATIONS: The man can grip the woman's hips to pull her toward him for deeper penetration.

CAUTION: Both partners need to be relatively flexible to be able to do this position. Be careful that the man doesn't strain the muscles down the backs of his legs, and don't even try this position if the man has ticklish feet!

EFFORT





B1
L-POSITION

(FROM BEHIND)

L-POSITION

51

HOW TO ACHIEVE: The woman lies on her side in an L-shape. The man then lies alongside the back of her legs, with his head facing her feet, and enters her.

WHY IT'S GOOD FOR MEN: This one goes really deep! It's also easy for you to kiss your partner's legs and caress her breasts and clitoris.

WHY IT'S GOOD FOR WOMEN: Penetration is deep and this will make a small penis feel larger. It stimulates the G-spot and gives your partner—or you—easy access for clitoral stimulation.

VARIATIONS: The woman can put her feet on the man's shoulders to achieve even greater penetration. Also, to improve the quality of her orgasm, the woman can try clenching her buttocks and tightening her pelvic floor muscles to heighten vaginal sensation and make her climax more intense.

CAUTION: Penetration can be overly deep if the man is particularly well-endowed or if the woman has a sensitive cervix.

EFFORT





52

SHOULDER-STAND

(FROM BEHIND)

SHOULDER-STAND

52

HOW TO ACHIEVE: The woman begins by lying on her back and then does a shoulder-stand, and the man kneels behind to penetrate her. The woman can grip the man's thighs for extra balance and support.

WHY IT'S GOOD FOR MEN: This one goes really deep! If the woman closes her legs, it can tighten things up. However, this can speed your orgasm, so be careful!

WHY IT'S GOOD FOR WOMEN: Penetration is deep and this will make a small penis feel larger. It stimulates the G-spot and also gives you easy access to clitoral stimulation. Putting your legs together makes the man enter the vagina from a sharper angle, increasing clitoral stimulation. His penis also stimulates your vaginal lips if you keep your legs together.

VARIATIONS: The woman can hook her legs over the man's shoulders for deeper penetration.

CAUTION: Penetration can be overly deep if the man is particularly well-endowed or the woman has a sensitive cervix. Also, the woman needs to be flexible in order to achieve—and sustain—this position; she shouldn't even attempt it if she is susceptible to back and neck problems.

EFFORT

