



The Book of 100 Sex Positions

AN ILLUSTRATED GUIDE



MAKING *love* BETTER®

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The erotic V



This position demands certain acrobatic capacities! The woman sits down on a table edge. The man stands before it and bends his legs so he's in the best "entering" position. Now she braces herself by putting her arms around his neck, pulls first the right, then the left leg up onto his shoulders. She leans back and he directs the thrusting by holding on to her bum!

The Fantastic Rocking Horse

It may be easier to maintain the Rocking Horse sex position for the man to lean against a wall or the edge of the bed and help her bounce up and down or just cop a feel while she does all the hard work.



The Catherine Wheel



First the man and the woman sit down opposite each other. Now she wraps her legs round his torso and he enters her, he then wraps one leg over her to hold her in place. In order to hold the balance, she braces herself with both hands. He guides the movement propped up on his elbow.

The glowing triangle

The man remains in this position while the woman does all the work... so actually not like the missionary at all.



The X



He lies faceup on the bed, she turns around and straddles him - so her back is toward him - she then lowers herself onto him. She extends her legs back toward his shoulders, relaxing her torso onto the bed between his feet. With both her legs and his forming an X-shape, she starts to slide up and down. She can use his feet for added thrusting leverage.

The Nirvana

The Nirvana sex position is a classic. When trying the Nirvana sex position, she lies on her back, stretches her legs out and holds onto the bedposts above her head. She keeps her legs together as he enters her with his thighs outside hers. They move together and the pressure of her thighs intensifies the penetration effect and provides for a natural stimulation of the clitoris.



The padlock



She climbs onto a high piece of furniture (work desk, washing machine ...), sits down on the edge and supports herself with the arms behind her. He stands before her and she wraps her legs firmly around his hips as he leans in to penetrate her in the Padlock sex position. They can look into each other eyes as he uses grips her bottom to control the momentum. Time with the spin cycle for added "ohhhh".

The Slide

The man lies on his back, the woman lies on top with her legs together. While he penetrates her she begins to rub up and down his body. The Slide sex position is pretty easy to master and he'll be surprised at how much tighter you feel!



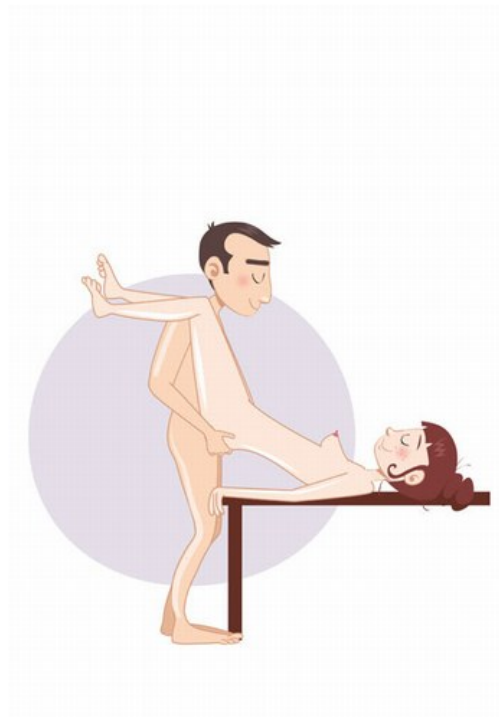
The Ape



No idea why it's called the ape sex position! You need to be more of a gymnast for this one. The man lies on his back and pulls his knees up to his chest. She sits down backwards and slides his penis inside while propping herself up on his feet. The more she shifts her weight on the legs, the easier it becomes for her partner... although, let's face it, it's never going to be a easy! Through the deep penetration, 'the ape' provides for especially sensual moments. However the woman must have adequate muscle power and balance for this position. She should reach down and grab her partners wrists to make movement simpler.

The Butterfly

Another inappropriately named position. The key to the Butterfly sex position is the angle. She lies on her back on a suitable piece of furniture. He stands before her and she slips her legs over his shoulders. She puts her arms and hands down so she can lift her hips up while he grabs her bottom to give her added lift. As long as he's strong enough he can then move into her at the perfect angle.



The Ascent to Desire



So long as you've stuck to that healthy eating plan or your man is an heroic weight lifter the Ascent to Desire sex position should be easy! He stands with feet firmly on the ground hip width apart, knees slightly bent. She stands before him. As he lifts her onto him, she wraps her legs around his hips. It may be useful to start off sitting on the bed and then turn round once lifted so she can put her feet down and help support the lift with the edge of the bed. The weight should help with deep penetration as she moves up and down.

The Balancing Act

The man lies on his back, his legs are apart to start off the Balancing Act sex position. She sits down between his thighs so and he grips her hips to guide himself into her. This is why it's called the balancing act sex position! It is an actual balancing act! In this position, the man sets the rhythm. The woman can stroke herself or reach further down to his perineum.



The Splitting Bamboo



We usually refer to the man "getting his leg over" but in the Splitting Bamboo sex position the roles are reversed. The woman get her leg over one of the man's shoulders. The man straddles her other thigh and enters her using his hands to support her elevated leg and support himself. As her hands are free she can show her clitoris a little self-love or stroke his penis as he moves in and out.

The Curled Angel

The woman curls up on her side, knees drawn up and the man spoons her from behind. Penetration is fairly easy from his position and the man can reach around to play her breasts or clit. Especially to recommend for pregnant women, this can be adapted so that she doesn't have to bring her knees up quite so far and thus avoids squishing her "bump".



The Bridge



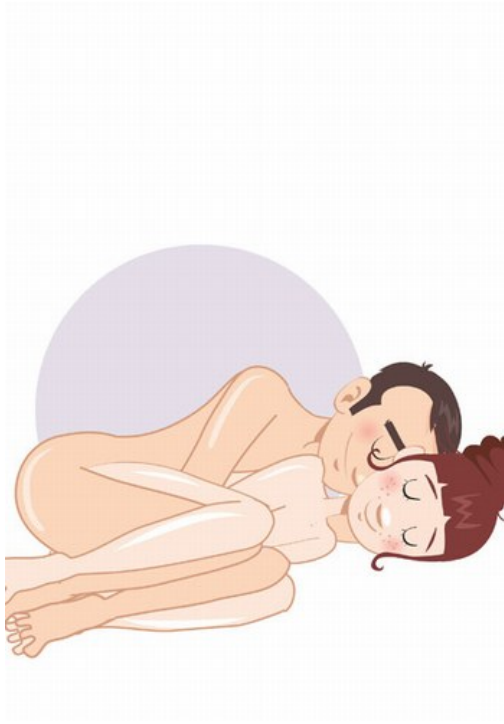
Ohhh we love this one. Not that we've ever tried The Bridge sex position because we aren't dating Olympic gymnasts (or Russell Brand)... it just that the bridge sex position looks so impressive. Try only if your man is super flexible and strong. He makes a bridge and she straddles him, sitting down onto his penis. Taking the weight on her feet she then moves up and down on top of him. Don't stay like this too long or he may pass out with so much blood rushing to his head!

The Clip

The man lies on his back with legs closed. She sits down on him and once he's safely inside she bends backwards and supports herself with her hands. Once in the Clip sex position she can then make rhythmic movements while he stimulates her clitoris (and enjoys the view).



The Close



A variation on simple spooning and the Curled Angel position. The close-up sex position is slightly more difficult to master. Lying on their sides the man spoons the woman from behind but this time she wraps her legs round the outside of his. They can both reach the clit for a good pre-penetration play or he can concentrate on her boobs while she pleases herself.

The Double Decker

The man lies on his back and woman sits down on top of him facing away. She leans back until she's propped up on her elbows, her back on his chest. She keeps her knees bent and her feet up on his knees. The man, who holds the woman at the waist, penetrates with soft movements. The Double Decker sex position is a good transition position as it's easy for the man to roll the woman into a new position.



The Seduction



The Seduction sex position takes its name from the wanton "take me now" position that the woman adopts to kick things off. As seductions go this one is pretty obvious... She starts off on her knees and then leans back - ankles under her bum, arms above her head. Kneeling over her, the man leans over her to penetrate so that his legs are straight out behind him and his weight is supported on his forearms. He can then use circular motions or thrusts to pleasure her.

The Crouching Tiger

Lying back on the bed with his knees of the edge, the man places his hands on the woman's bottom as she squats over him facing away in the Crouching Tiger sex position. She can reach her clit or his balls and penis and guides the depth and pace of penetration with his help. The Crouching Tiger sex position takes some thigh power but with a little help from the man this one is fairly easy to achieve.



The Hero



For the Hero sex position, the woman lies on her back pulling her knees up to her chest, feet extending up towards the ceiling. The man kneels down thighs under her bum so she can rest on him as he enters her. He can use his free hands to press her thighs back towards her chest to aid penetration.

The Dolphin

Another one for the acrobats and yoga enthusiasts among us - this is the Dolphin sex position. In the dolphin the woman makes a bridge by pushing her thighs and hips towards the ceiling while supporting herself on her shoulders and keeping her head and neck on the floor. The man slots himself between her knees and helps her to keep her hips off the ground. All the while he penetrates her with soft movements. The more adventurous version involves the man lifting the woman's hips even higher so that her feet are clear off the ground. Don't hold this too long. All that blood to the head can lead to blackouts!



The Frog



The Frog sex position starts with the man sitting on the edge of the bed, the feet on the ground. The woman squats before him on the edge of the bed with her back to him (like a little frog). He penetrates her and she moves up and down bracing herself on his thighs. The man can support her movements by playing his hands under her bum and giving her a little lift. Or he can reach around and play with her breasts and clit.

The Glowing Juniper

To achieve the Glowing Juniper sex position the woman lies on her back with legs open, outstretched legs. The man sits between her knees, facing her with legs outstretched. He lifts her hips to aid penetration and at the same time he can lean down to kiss her belly... providing he's flexible enough. A wonderfully romantic position.



The Plow



The woman lies on the edge of the bed so her hips are the last part of her on the bed and her legs are off the edge. In the Plow sex position she supports herself on her elbows as he steps between her legs and lifts her hips and thighs to penetrate her. Her legs should be stretched out behind her.

The Peg

The Peg sex position looks like it would be quite a feat but actually it can be mastered quite quickly! The man lies on his side. The woman curls up on her side in the opposite direction so that her head is nearer his feet. With her knees drawn up to her chest, she slips her thighs over his to sandwich his legs. She entwines her arms through his legs while he supports himself on his lower elbow and uses his free hand to guide movement in and out or to play with her perineum and anus.



The Classic



This is sex 101 - the Classic sex position. Woman on her back, legs slightly apart. Man on top between her thighs. He supports himself on his arms so he can look down to her and she can use her arms to squeeze his bum and guide the movement so it's just how she likes it. From here he can easily slide in and out of her and she can lie back and enjoy it.

The Kneel

The woman and man kneel face to face in the Kneel sex position. She straddles him thighs so he can enter her and wraps her arms around his neck. He embraces her and moving gently up and down with his knees penetrates her. It's the perfect position for a proper snog too!



The Cross



The woman lies on her back, one leg extended, the other bent up in the Cross sex position. The man sits down with one thigh over her extended thigh and slips her bent leg under his arm. He braces himself with the hands behind his back to control the rhythm of the movement.

The Deckchair

The man relies on his hands to support his weight while sitting legs outstretched in the Deckchair sex position. With his hands behind him, he leans back bending slightly at the elbows. She lies back on a pillow facing him and pops her feet up onto his shoulders - She can then move her hips forward for penetration. In this position the penis penetrates especially deeply.



The Reclining Lotus



For the Reclining Lotus sex position, a little yoga practice goes a long way... The woman lies on her back, legs crossed in the "lotus" position (the opposite foot on top of the opposite knee). The man lies between her legs and penetrates from above. So that the woman doesn't have to carry his entire weight, it's recommended that the man braces himself on his arms. A pillow under the woman's hips can change the penetration angle. Her hands are free to wander or to hold on to her partner.

The Lustful Leg

Again, Olympic standard flexibility is a basic requirement for this Lustful Leg sex position. The couple start approximately shoulder width apart facing each other. The woman places one leg up onto the bed. The man then bends his knees to bring his shoulder under her leg so she can rest her foot on his shoulder. She puts her arms around his neck so she can lean back and he holds on to her hips as he straightens up slowly to penetrate her. She extends her leg and straightens it as much as possible while he gently pulses into her.



The Squat Balance



The Squat Balance sex position requires some skill and a fair bit of strength. The woman stands on the bed or a sturdy stool, the man stands behind her. From here, he places his hands on her bottom so that she can "sit" down and lean against his chest. Now he can penetrate her from behind, she braces herself on his arms as he supports her weight.

The Magic Mountain

First of all construct your "mountain" out of a pile of pillows. The woman kneels in front of the pillows and leans forward over it. He kneels behind her, legs on the outside of her's, he leans down over her and penetrates her from behind. Make sure you use fairly firm pillows for the Magic Mountain sex position.



Bandoleer



The woman lies on the back with her knees up towards her chest. The man kneels facing her so she can put her feet on his chest. He leans places his forearms on her knees and she reaches down to grip his thighs. She can make penetration deeper by pulling him closer. In this Bandoleer sex position, the G spot gets all the action. As the man presses her knees down, the pleasure increases.

The Propeller

This one's unusual. The Propeller sex position requires the woman to lie on her back - legs outstretched and together. The man lies on top of her but back-to-front so he's facing her feet. Once he's got himself inside he can make circular motions with his hips. This takes some practice to get right... we're not sure it's worth the effort.



The Rock'n Roller



We're fairly sure this isn't the original name of this position... but the Rock'n Roller sex position sounds great. She lies on her back and stretches her legs back over her head (like she's about to do a backwards roll). He kneels over her, helping her to keep her hips elevated as he penetrates her.

The Fan

The woman stands with her back to her partner in the Fan sex position. She bends her knees and rests them on the edge of a chair or stool and crosses her arms on the back of the chair or on the stool to support herself. He enters her from behind and controls the movement, caressing her clitoris and breasts with his hands. Penetration will be deep, stimulating the front walls of the vagina and G spot. This is also a great position for anal sex.



The Rowing Boat



The man then sits up, bring his knees and torso up so that both the couple are face to face and his knees are on the outside oh her body. She should also have her knees bent up so her legs are outside his and she can wrap her egs around him. He slips his arms over her calfs and under her knees and she slips her hands under his knees and round her thighs so that she can grip his hands.

The Eagle

The man sits on his knees , legs spread, in front of his partner in the Eagle position. She lies on her back, legs in the air and wide apart. She can relax while he hold her legs up and apart and penetrates her with varying speed and depth.



The Suspended Scissors



Athletes only! The Suspended Scissors sex position is only for the truly hardcore. This position is for the slightly more energetic and she'll need some strength in her arms. She lies off the edge of the bed on her side, just with her calves, ankles and feet still on the mattress. She supports herself with her left arm and he holds her up from her waist. He steps over her left leg and holding her other leg up and enters her while she dangles precariously off the bed! It sounds confusing but will all come together when she gets going. This really gets the blood pumping and should give her an explosive orgasm.

The Star

In the Star sex position the woman lies on her back, one leg bent up, the other lies flatly on the ground. The man sits down between her legs and pushes a leg under her behind to lift her hip. Leaning back he braces himself with his hands behind his back. She has her hands free to play.



Doggy Style



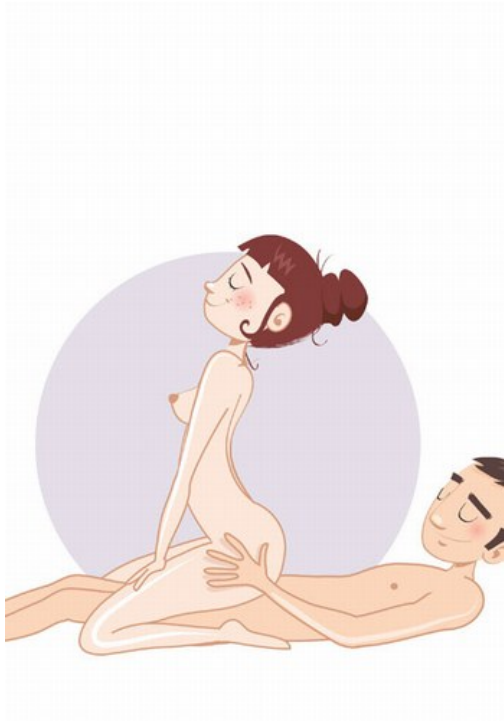
The Doggy Style sex position is an absolute classic and, like it or loathe it, it's one that's in every girl's sexual repertoire. She's on all fours. In order to hold her balance, she shifts her weight off her hands back towards her partner - she can use a rocking motion to get the rhythm she wants. He kneels directly behind her and holds her hips firmly to control the thrusts. Avoid doing the Doggy Style sex position on a carpet!

The Triumph Arch

A lot like the "glowing juniper" position, the Triumph Arch sex position allows the man to kiss and caress his partner's breasts. The woman should start kneeling with the man sitting with legs outstretched between her thighs. Once he's entered her, with his help, she can then lean backwards until she's lying on his legs. He can lean forward to kiss her breasts and use his hands to guide her hips in soft movement.



The Reverse Cowgirl



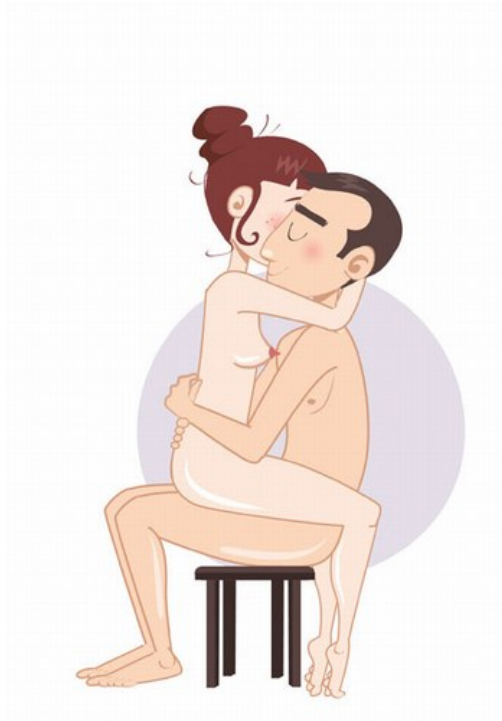
Yeee haaa!! Ride him cowgirl! The Reverse Cowgirl is probably one of the most exciting sex positions in the list. The man lies on his back and the woman kneels over him so he can enter her. She can bob up and down supporting her weight with her hands on his thighs and he can help by lifting her hips as she moves. They can both reach each others key pleasure zones for a bit of a play too if they like.

The Super 8

She lies legs open on her back and possibly with a pillow under her bum to make penetration easier in the Super 8 sex position. He lies over her, supporting himself with out-stretched arms. She puts her hands on his hips or round his back to support his thrusts. She arches up to meet his movement.



The Amazon



The man sits comfortably on a chair, the woman sits down on him facing forwards so she's straddling him in the Amazon sex position. As long as her feet are touching the ground she can bounce up and down on him gently.

The Hound

A variation on doggy style - for the Hound sex position she's still on all fours but lowers herself onto her forearms and he penetrates her from behind but reaches around to caress her breasts.



The Crossed Keys



In the Crossed Keys sex position she lies with her bum near the edge of the bed, legs straight up and crossed. He stands in front of her and uses his hands to cross and uncross her legs while penetrating her.

The Ship

With the man lying on his back, the woman simply sits down on him with both legs to one side so she's sitting across him like a boat on the water - hence the name The Ship sex position. She's in control of any movement.



The Landslide



The Landslide sex position is a challenge to get into. She lies down on her stomach, propped up on forearms and with legs straight and slightly apart. He sits right behind with his legs in front of him and his hands on either side of his body for support. He leans back at a 45-degree angle to her body so he can penetrate her from behind. As he rocks forward and back, she brings her legs together for a tight fit.

The Snail

We love the Snail sex position! Lying flat, the woman pulls her knees into her chest and throws her feet over the shoulders of her partner. He kneels in front of her and enters her, taking his weight on his hands, on either side of her shoulders. As this is a position for deep penetration, it should only be tried when sufficiently lubricated to avoid any pain for the woman. It should be very stimulating for her, especially if the man ejaculates in this position.



The Slip



The man kneels up and leans back, taking his weight on his hands behind him for The Slip sex position. His partner lies back, with her head on a cushion and her back completely flat. She bends her knees either side of his hips for the best angle for penetration. She has her hands free to caress her breasts and clitoris as he controls the movement. This highly erotic position offers deep penetration and enables the man watch his partner's reactions, whilst she lies back and enjoys...

The Hinge

The Hinge sex position is a good one as it allows depth control. The man kneels up, leaning backwards and using one arm to support himself. The woman is also on her knees facing away from him in doggy position. She straddles him, leaning forwards onto her elbows and thrusting herself backwards onto him. He can use his spare hand to caress and tease.



The G



For the G-Force sex position, she lies down on her back and pulls her knees close to her chest. He kneels up in front of her, grabbing hold of her feet. Thrusting his hips forward he can penetrate her while controlling the movement and supporting her balance. Looking to add even more "God-that's-good" action? She can put her feet on his chest and have him hold on to her hips - it'll give him extra control and let him plunge even deeper.

The Grip

The Grip sex position may be more comfortable if a cushion is placed under the woman's bottom to raise her hips slightly. She moves her pelvis, one way and then the other. This is a great position to go for after dinner.



The Challenge



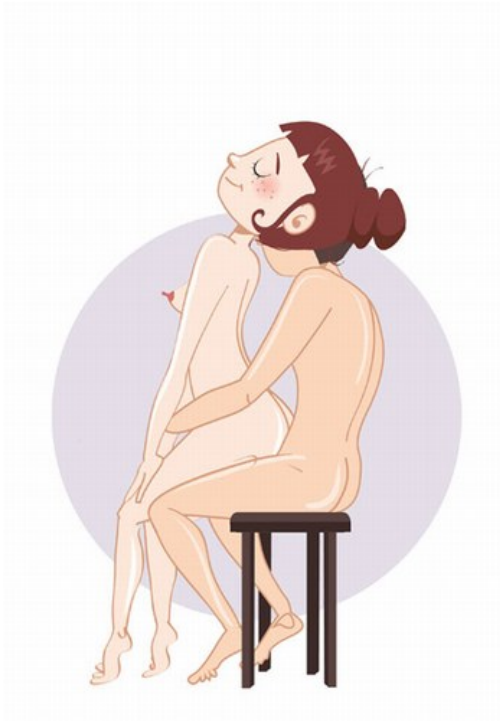
For this challenging position, (aptly named the Challenge sex position) you'll need a sturdy chair, a lot of flexibility and a great deal of strength. The woman leans forward in a sitting position, with her feet on the chair and her elbows on her knees. The man enters her from behind and keeps a firm hold of her waist to help her keep her balance.

The Fold

The woman lies on a cushion on the floor or on a very firm mattress, with her knees bent back underneath her in the Fold sex position. The man slides in between her thighs and enters her, pulling her down onto him. As he moves his hips, the man can lean forward and kiss and lick her stomach. While he controls the movements, she can lie back and enjoy.



The Perch



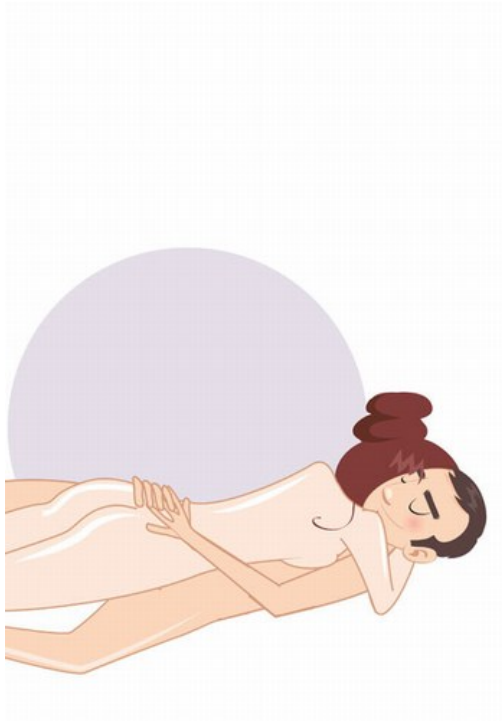
The man sits on a chair with his partner "perched" on his lap. She has her back to him for the Perch sex position. She uses the strength in her legs to make an up-and-down movement, while he caresses her clitoris and breasts. She may need to lean forward a little for easier penetration.

The Candle

The Candle sex position give deep penetration but keeping your legs up can be a challenge. The woman lies on her back with her head on a cushion and her pelvis raised by another, thinner cushion on the edge of the bed. She rocks back and draws her knees into her chest so her partner, kneeling in front of her, can enter. His hands are free to stroke the backs of her thighs, which are highly erogenous zones.



The Peg



She gets her man to lie down on the bed with his legs stretched out for the Peg position. She then gets on top of him and let him enter her. As he does so, she stretches her legs out straight behind her and starts to move back and forth as fast or as slow as she likes. It's a great position for full body contact, kissing and touching throughout. The Peg sex position is also good for well-endowed partners as he won't penetrate her too deeply.

The Proposal

The Proposal sex position takes a bit of practice and good aim! Kneeling face-to-face, he puts his left foot flat on the ground front of him (like he's proposing) and she puts her right foot on the ground and nudges closer. Penetration can be made by leaning forward towards the planted feet, lunging back and forth creates a slow, upright romp.



The Standing Wheelbarrow



The Standing Wheelbarrow sex position is quite a challenge but getting it right is such a laugh we highly recommend you give it a try! For the standing wheelbarrow sex position, she starts on all fours resting her forearms on pillows. He kneels behind her to enter her with one knee bent up (foot flat in front of him) so he can stand easily. Once he's entered her, he reaches down to hold her feet and slowly lifts her as he stands up, keeping his knees bent.

The Lotus Blossom

The Lotus Blossom sex position requires a certain amount of flexibility - especially from the man. He sits cross-legged, with his partner sitting on him with her legs wrapped around his waist. He helps her to move her hips with his hands and can also caress her breasts with his mouth and stroke her bottom.



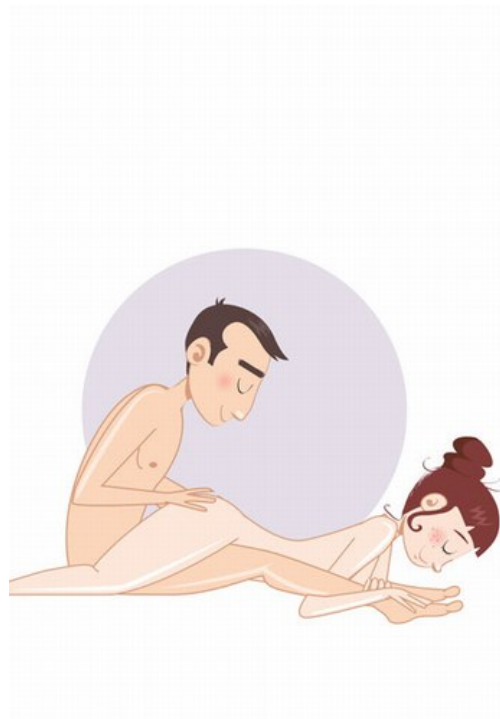
The Mermaid



To achieve the Mermaid sex position, she lies faceup at the edge of a bed, desk, or counter top. She places a pillow under her bum to get some elevation then extends her legs straight up, keeping them close together. She can put her hands under the pillow to raise the pelvis even higher, use them to hold on to the counter or desk for leverage, or keep them free. He then enters her while standing up; if the bed or desk is low, he can kneel on the floor. He can grip her feet for leverage, which will give him the extra stability he needs to thrust more deeply.

The Prone Tiger

To achieve the Prone Tiger sex position, the man sits up on the bed so that his legs are extended horizontally toward the foot of the bed. She turns around and straddles him - with her back toward him - and then lowers herself onto his erect penis. She extends her legs back so they are almost behind him, relaxing her torso onto the bed between his feet. She slides up and down and uses his feet for leverage.



The Galley



The man is sitting, with his weight on his right arm and his legs outstretched. The woman sits astride him, with her back to him and leans forwards, supporting herself on her arms. She controls the movement and his hands are free to caress her breasts and bottom while in the Galley sex position.

The Clasp

To get into the Clasp sex position, the man stands up, allowing his partner to wrap her legs around his waist, while he supports her bottom and back. For more support and deeper penetration, she can rest her back against a wall. This is a position which can be done anywhere, at any time... the only disadvantage is that the man needs to be very strong to support his partner.



The Seated Ball



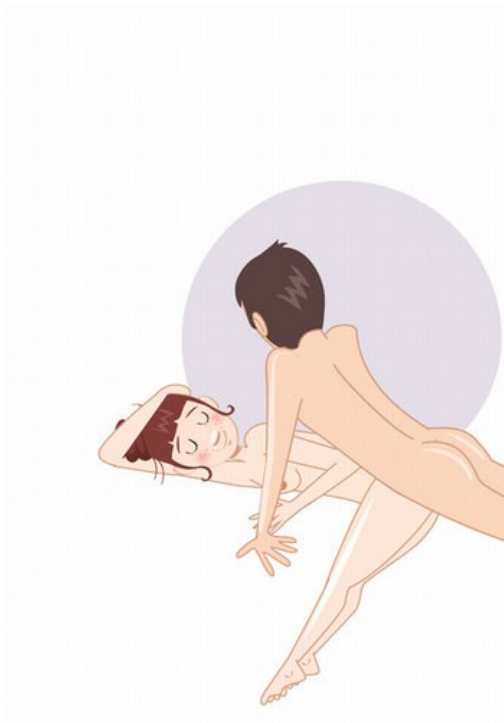
Try the Seated Ball sex position if you're flexible enough! The woman crouches, while the man enters her from a half-sitting position behind her. She controls the movement by rocking slowly on her heels, while the man kisses her back. The Seated Ball sex position requires a great deal of suppleness but allows the man to rediscover parts of the woman's body which are often forgotten about.

The Kneeling Wheelbarrow

The Kneeling Wheelbarrow sex position is slightly easier than the standing version! The woman takes her weight on one forearm (she uses the other arm for balance) and one knee, while her partner kneels behind her. He takes hold of her hips and enters her while she extends her other leg backwards behind her. This position is quite tiring for the woman and may be hard to maintain for a long period.



The Sideways Samba



For the Sideways Samba sex position she lies on her side on the bed or floor, turned away from her partner with her legs straight out in front of her at a ninety-degree angle to her torso (in an L shape). He lies behind her on his side in a modified spoon position to enter her then raises his torso with his arms, placing his topmost hand on the other side of her body next to her chest and turning slightly. He controls the motion as he moves in and out of her.

The Sphinx

For the Sphinx sex position the woman lies on her tummy, with her weight on her forearms and one leg bent out to the side, the other outstretched behind her. Her partner is on top of her and enters her from behind, taking his weight on his arms. The pressure of his body on her pelvis creates pleasure for the woman and the rhythm of his movements will bring them both to a powerful climax.



The Column



Both partners are standing, the woman in front with her back to her partner, arms intertwined to maintain balance. He enters her from behind in the Column sex position, while she arches her back. She can also lean forwards onto a wall or table to allow deeper penetration and make things a little easier.

The Visitor

The Visitor sex position is a great anywhere-anytime position for impromptu sex. Standing face to face, the man stimulates his partner's genitals with his penis and then penetrates her. This is easier if the woman is wearing heels or a similar height to her partner. If not, a table or work surface at the required height will do the trick!



The Rider



In the Rider sex position she kneels astride her partner but with her back to him as if in the Reverse Cowgirl, but she leans forward to balance herself on his knees. He holds her waist and thrusts upwards, while she slides up and down on top of him like a "bucking broncho". The woman's hands are free to play with her partner's scrotum, while his are perfectly placed to caress her bottom.

The Supernova

The Supernova sex position begins in the standard woman-on-top position on a made bed (don't get under the covers.) He should have his head near the foot of the bed. She, face him and gets into a deep squatting position with her knees bent and feet planted on the bed and he enters her. She leans back, supporting her weight on her arms behind her and rides him until close to climax. When the time comes, she puts her hands on either side of his torso and leans forward onto her knees. She inches him toward the edge of the bed until his head, shoulders, and arms hang backward over the side. She then leans back again and bobs up and down to bring them both to climax. The Supernova sex position is super technical!



The Spider



The man sits with his legs out in front of him, leaning back on his hands, which are stretched out behind him. His partner sits astride him and rocks her pelvis, taking her weight on her arms and legs and bringing them both to a climax in the Spider sex position.

The Stair Master

You need stairs for the Stair Master sex position. She kneels in front of her partner on the staircase (choose the lower stairs!). While she reaches up to hold on to each side of the banister for support (or to the stairs themselves), he holds her hips while he penetrates her from behind. You can use the Stair Master sex position for anal sex too.



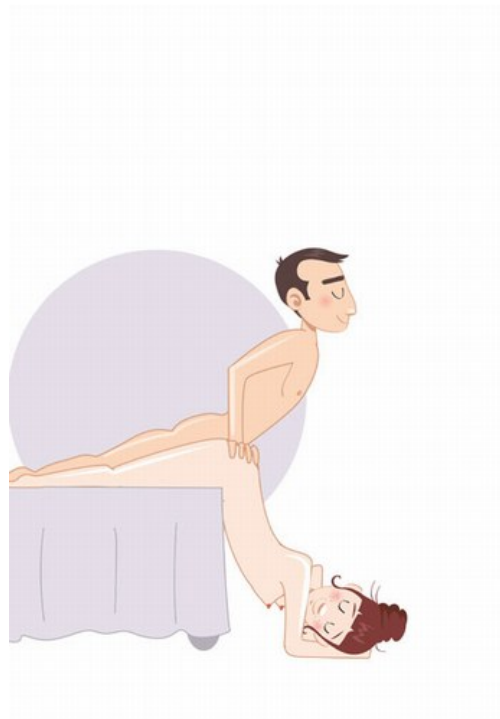
The Basket



For the Basket sex position the man sits on the floor or on a firm mattress, with one leg outstretched and the other bent at the knee to maintain his balance. The woman sits astride him, while he holds her hips and pulls her onto him for deep penetration. She is in control and can vary her movements to bring them both to a climax, while he is in an ideal position to kiss, suck and nibble her nipples.

The Y Curve

To achieve the Y Curve sex position she lies face-down on the bed, then scoots her body forward so your head and torso hang over the side, your palms on the floor supporting your weight. The man positions himself over her and enters from behind, his legs inside hers. He can hold on to her hips for leverage to allow him to keep his head and shoulders raised high instead of resting on her back.



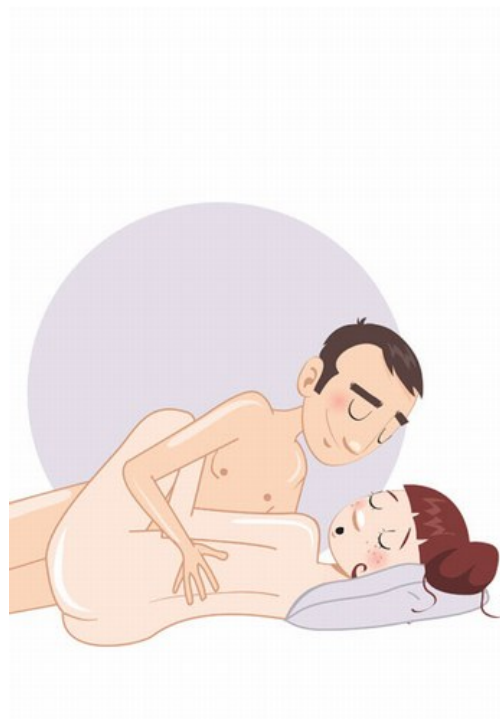
The Zen Pause



The Zen Pause sex position provides a quiet moment in the middle of the mattress madness. When on the brink of the Big O, take a break from whatever heart-pounding position you're in and try this out as a horny holding pattern. Both roll onto their sides, face-to-face (if possible, he stays inside her the entire time), then put the passion on a low simmer with legs intertwined and chests pressed against one another. Slowly build back up to an even more incredible climax.

The Whisper

For the Whisper sex position the man slides between the legs of his partner, who's lying on her side with her knees bent. She encircles him with her legs and crosses her ankles behind his back, gripping him with her thighs. He thrusts in and out while her hands are free to caress his neck and testicles or nibble his ear lobes and whisper to him exactly what she'd like him to do next...



The Side Saddle



He lies on his back with his legs spread slightly and his head propped up with a pillows for the Side Saddle sex position. She sits across him with her legs to one side and keeps her knees close together. Sitting on top of his thighs or in his lap, she leans back on her arms for maximum support. As he enters her, she opens her legs slightly and begins making slow, swivelling corkscrew motions.

The Shoulder Holder

She lies back with a pillow under her head, her legs in the air as straight and high as possible. He kneels in front of you grips your legs putting them over one of his shoulders. He leans forward, and enters her. He can place his hands on the bed or floor on either side of your torso for support.



The Right Angle



The woman lies on her back, with her bottom at the edge of the bed or table for the Right Angle sex position. Her partner enters her while caressing her breasts or clitoris. The Right Angle position also works well without thrusting: if the woman grips hold of the man by crossing her ankles behind his back and he presses himself against her, the pressure will mount, giving both partners intense pleasure. This is a very stimulating position if she can squeeze her pelvic floor muscles.

Indrani

In the Indrani sex position she lies on her back with her knees bent up to her chest. Her man then kneels behind her and enters her. She pulls him towards her by clasping her hands behind his bum and rests her legs by his armpits or pushes her feet against his chest. If the man is quite well endowed, this position will make it easier to 'accommodate' him.



The Shoulder Stand



Start the Shoulder Stand sex position with her lying flat on the ground face up. She uses her hands to support her lower back and lifts her legs and backside way, way up until she's in a shoulder stand position. The man kneels before her, grabbing her ankles and bringing his knees to her shoulders. He holds her hips and she holds his hands to stabilize. She holds his thighs for leverage and adjusts the angle of penetration.

The Lap Top

He sits back in a roomy chair with a pillow placed under his knees to elevate them. She straddles him, lowering herself onto him then puts her ankles over his shoulders so they rest on the back of the chair. He helps to support her by holding her round the back. Once he's entered her, she sets the rocking in motion by pushing her feet against the top of the chair as he thrusts by pulling her hips toward him in the Lap Top sex position.



The Thigh Master



He lies on his back with his legs bent up and apart. She straddles one of his thighs with her back to him. She holds on to his knee, and lowers herself onto him. In the Thigh Master sex position, her stomach is almost touching his bent knee; she can use it for support and leverage as she rocks back and forth, and up and down.

From Behind

The From Behind sex position is easier if she has a wall to lean against. The man stands up right and enters his partner from behind. He controls the thrusts as he holds onto her thighs. You can also perform the From Behind sex position with him leaning against the wall.



The Toad



The woman lies on her back with her legs open, while her partner lies between her legs and enters her. She then wraps her legs around him and uses her feet to guide him by putting gentle pressure on his buttocks in the Toad sex position. Both partners' hands are free to touch and caress each other, and the woman can stroke her partner's back and bottom. This is a very simple position for intimate lovemaking.

The Sidekick

The woman starts with her back to her partner. She lies down on her side and he kneels behind her facing towards her head. He slides the knee that's furthest from her head between her legs and then enters her. She moves her top leg and extends it slightly in front of her to give better balance and to give him a better view. He holds on to her hips as he thrusts in the Sidekick sex position.



The Crisscross



The woman starts by lying on her side with her arms above her head. The man lies his side, his body perpendicular to hers. She raises her top leg so he can slot himself in between her thighs. He holds her shoulders to give himself leverage for a gentle rocking motion.

The Waterfall

The man sits on a chair with his partner astride him. She leans right back, resting her head on a cushion on the floor, while he takes control of the thrusting and caresses her breasts. This fairly acrobatic Waterfall sex position requires a lot of flexibility.



The Indian Headstand



The woman takes her weight on her hands, with her arms outstretched either on the floor or on the bed for the Indian Headstand sex position. The man stands on the floor, lifting his partner's hips, while she puts her legs under his arms. You'll need a lot of strength and flexibility for this position and you may not be able to hold it for more than a couple of minutes.

The Tominagi

The man kneels up and penetrates his partner, who's lying on her back with her feet against his chest. He controls the thrusting, while his partner has her hands free to wander all over his body. Penetration is very deep with the Tominagi sex position.



Afternoon Delight



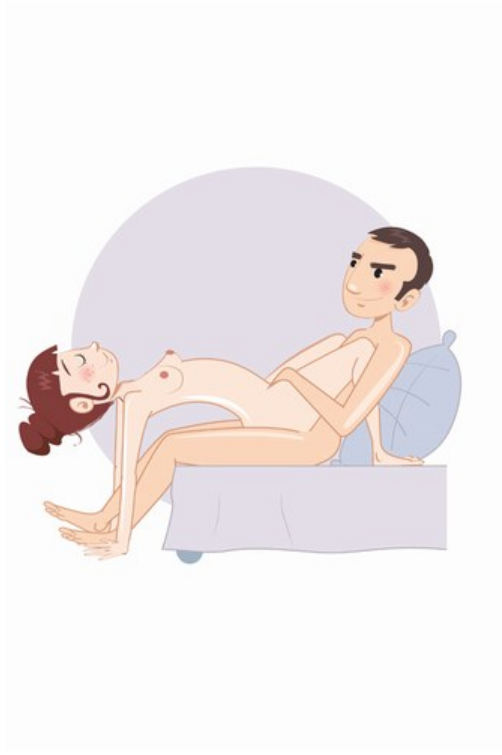
This is a good resting position, ideal for getting breath back during a long session. Her hands are free for caresses and she can enjoy the intimacy of gazing into her partners eyes. She lies back and he lies on his side at a right angle to her. She puts her knees over his hip to allow gentle penetration.

Widely Opened

The man kneels in front of her, she's flat on her back. She raises her bum and thighs and wrap her legs around him. Then she can arch her back and lean backwards as he thrusts in and out of her, holding her underneath her back.



The Backwards Slide



The Backwards Slide sex position takes some skill and quite a generously proportioned dong... The man lies back, legs outstretched. The woman squats down on him, facing away so he can enter her. She then extends her legs back towards his shoulders and leans forward until she's supporting herself on her forearms between his legs. Gripping his lower legs she can maneuver herself back and forth. At least that's the theory.

Suspended Congress

In the Suspended Congress sex position, he lifts her and holds her under her bum. She grips his waist with her thighs and pushes her feet against the wall to support herself. The Suspended Congress sex position requires quite a bit of strength from him but the results are worth it. She gets the thrill of doing it somewhere different.

