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### **Get into position**

Similar to the [Cowgirl](#), kneel on top of your man then push off his chest and slide up and down his thighs. Don't worry, you're not doing all the work. He supports some of your weight and can grab your hips or thighs while he rises to meet each thrust. Ride 'em, cowgirl!

### **What's the benefit?**

Less stress on your legs makes climaxing easier. Plus, female-dominant positions delay his climax. Win win.

### **Next-level move**

Alternate between shallow and deep thrusting to stimulate different parts of the vagina.

### **Can't figure it out? Picture this:**



Each of our *Best Sex Positions Ever* comes recommended by some of the best experts out there. Here's a full listing of our panel's credentials: April Masini (author of *Think and Date Like a Man*) ; Rebecca Rosenblat (sex therapist and the author of *Seducing Your Man*) ; Dr Sandor Gardos (sex therapist and founder of *MyPleasure.com*, an online site that provides adult toys and education) ; Dr Yvonne K Fulbright (Women's Health US sex and relationships advisor) ; Dr Scott Haltzman (author of *The Secrets of Happily Married Men: Eight Ways to Win Your Wife's Heart Forever*).

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