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Get into position

Lie facedown on the bed, with your legs straight and hips slightly raised. Time to show off those squats you've been doing!

What's the benefit?

This position creates a snug fit, so your guy's stuff will seem even larger (good for him) and penetration more intense (great for you).

Next level move:

Some shallow thrusts and deep breathing will help him last longer.

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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