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### Get into position

Stand facing your guy, then lift one foot and hook it around his waist. Been skipping barre class? You may need a helping hand.

### What's the benefit?

If you and your man are similar heights, it's an intimate face-to-face position. Neither of you will get squished into the bed, either – time to get some fresh air around that tush!

### Next level move

Bikram yoga regular? Put that flexibility to use - prop your leg up on his shoulder for even deeper penetration.

### 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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