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Get into position

Lie on your stomach with your hands thrust between your legs. Now grind your legs together and move your hips up and down so that your clitoris and pubic mound rub against your firmly held fingers. Thoughts of Ryan Gosling optional.

What's the benefit?

Simple yet superb satisfaction and many women actually find this position easiest for solo climaxing.

Next-level move

Want your partner to join in on the fun? No problem. This saucy move is easy to add to most rear-entry positions. Try the [Leapfrog](#) or [Flatiron](#). Steamy.

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*).*

Ready for round two? Try more of our [best sex positions ever](#).

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