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Get into position

Lean on the edge of a bed or bench (we'd recommend an indoors bench for this one), and rest on the hip and forearm of one side. Press your thighs together while your man stands and straddles you, then enters from behind.

What's the benefit?

Keeping your legs pressed together allows for a tighter hold on him as he thrusts. Plus the twisted angle means he may hit spots (read: G-spot) never hit before...

Next level move:

Instead of letting him do all the work, try thrusting you hips slightly to match his tempo.

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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