



Get into position

Kneel on top of him, using your hands to gently (or roughly, if you're feeling a bit 50 Shades) push off his chest and slide up and down his thighs. Worried about crushing his bits? Lean back - don't worry, he'll enjoy the view - and support yourself on his thighs.

What's the benefit?

By being in the dominant position, you'll delay his climax - and intensify yours.

Next level move:

Give both of you a boost by widening your knees or bringing them closer to his body. Yeehaw!

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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