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Get into position

Ready for some bump n' grind? Find a stuffed chair or sofa and ride the arm, starting with a small movement of the hips and then slowly building momentum. No sofa? No problem. Use the edge of a table or desk - just make sure you fold a thick towel or blanket over it first.

What's the benefit?

Apart from the fact that you can do it solo and focus on nobody else's pleasure except your own? This arousing move is also great if you like solid, steady pressure on your clitoris.

Next-level move


Grip the arm with your thighs and have your guy enter you from behind. Careful not to break anything (so erm, maybe not a move to be tried on your nan's old recliner, then)..

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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