



Get into position

First, do some warm up stretches. OK, now you're ready. From missionary position, raise your legs and extend them straight out (forming a "V").

What's the benefit?

Apart from showing off how flexible you are? This saucy move also allows for deep penetration.

Next-level move

Try grabbing your ankles for more stability and an added stretch. That's tomorrow's yoga class cancelled, 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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