



# SEX POSITIONS *Guide*

**THE COMPLETE GUIDE WITH FULLY ILLUSTRATED 101+  
TOP POSITIONS FOR EXPLODING YOUR SEX LIFE AND  
INCREASE LIBIDO. ADVANCED TIPS ON FOREPLAY FOR  
MEN AND WOMEN (BEGINNER'S FRIENDLY)**

**LANA FOX**

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*The Complete Guide with Fully Illustrated 101+ Top Positions for Exploding your Sex Life and Increase Libido. Advanced Tips on Foreplay for Men and Women (Beginner's Friendly).*

***Lana Fox***

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# Introduction

For any healthy relationship to prosper, the couple must indulge in healthy sex. Sex isn't just one of the basic primal needs. But at the same time, it is the way to create a bond that strengthens the two people who are a part of it.

When we talk of sex, the kind of topic it encompasses is huge and wide. Not everyone gets to enjoy the best level of sex, which infers something that some of us miss out on. This book aspires to help you reconnect with your inner sexual drive. Learn the best ways by which you can maximize your sexual potential and live every fantasy.

With these expert tips, you are sure to find a difference in your bedroom life and as a couple; you are much more likely to grow. The physical attraction you feel is a very strong component in any relationship, and as long as you don't feel the need to delight each other, the sparks won't fly.

So, it is time to shed all inhibitions as far as getting intimate is concerned. This book isn't meant solely for reading purposes. It will take you on a ride which will unravel the different layers of your body and help you understand your true sexual drive.

Sex isn't just about ejaculation or experiencing an orgasm. There is so much more to it. There are positions that you can experiment with. If you want your relationship to stay young, you need to be wild in love. This is why most successful couples who are always snuggling even in old age are those who do not fail to experiment. Your age isn't a delimiter to the number of times you need to have sex. It should be based on the stamina of your body and how your body reacts to your partner.

So, if all these have been a cause of concern or even if you are just curious to know about how the right sex drive could trigger the much-needed change in your life, we are here with the right book you need to pick and read.

Every chapter is meant to be put into action rather than read once and forgotten.

So, are you all set to get started?

# Chapter 1: How Active Is Your Sex Life?

Before we divulge into the different positions and ways to improve your sex drive, we first need to get your analysis right. First of all, you have to understand as to where you stand and measure how deep the water is.

It is important to know that sex isn't something that you can compare with others. Someone may be doing it three or even five times a day, while you may have sex once every three days. This is not the sign of the warning bell yet.

Ideally, we believe that when you truly love your partner and feel the need, indulging in sex daily shouldn't be difficult. That being said, it is normal if the frequency is higher or lower.

So, here are a few things you should try and note down and then analyze your sex drive.

- How frequently do you have sex on average?
- If it is higher than the average, what do you think is the primary cause that triggers you?
- If your frequency is lower than normal, what do you feel is lacking in your relationship?
- Do you indulge in hot, passionate sex or is it mostly mild and soft?
- What factors are the most important to you when you want to have sex?

- Do you enjoy sex when the other person initiates it?
- Do you feel there has been a drop in the sex drive with your rising age graph?
- Do you love to experiment with new things when it comes to sex?

Note down the answers for each of them and you are likely to see a pattern. We are not going to dissect every single answer for you simply because every individual may have their interpretations of it.

These answers bother you solely and it is important to understand your primal needs. If you feel that your sex drive has weakened with age, there is nothing too wrong with it. However, what you need to do is to try and feel young again. Remember, age truly is nothing but a number. A man in his sixties could still be in his prime if he let himself believe so. George Clooney doesn't seem to be complaining about his age and neither is his wife!

Similarly, if you love mild and soft sex; it is alright, but once in a while, you need to experiment with the hot passionate kind where you can barely have your hands to yourself. This is because sex, when done in a routine, tends to get boring and loses its charm. You have to experiment, change, and bring in something dynamic to the table. Those of you who tend to be the wild, passionate one; you should try and go for soft and mild sex once in a while. Take your time slowly kissing your girl and caress her body before even starting with the foreplay. These little changes are what make your sexual drive all the more exciting.

So, each of these answers is important in helping you make a profile for yourself. By the end of the book, we are sure that you will witness some changes and want you to come back to this chapter



and re-answer these questions. Then, it is time to play compare and contrast and you would be able to realize whether or not the book has been of any help to you.

# Chapter 2: The Beginners' Sex Positions

We will first begin with the simplest of sex positions which anyone can indulge in. There is nothing experimental in it and if you are a virgin, who is all set to lose their virginity soon; these are the sex positions you can get started with.

Of course, if you are one for the adventure, you could try the hardcore positions, which we will be discussing later.

However, for some beginners' action, we are going to focus on the simple positions that can help you get started.

## *The missionary*

This will forever remain the simplest and yet the classic evergreen choice for too many of us. When you are too busted after a long day at work and barely have the energy to unbutton each other but can't wait to have one go, this would always be the go-to sex position. It is simple, easy and yet gives you the satisfaction which sex is known to bring.

In this position, the woman lies on her back while the man climbs at the top. You could nuzzle and snuggle all you want and tease each

other's parts before he drives inside you as you spread your legs wide apart to give him the right amount of room.

Those of you who would like a little more movement in the missionary position, the girl can lift the feet off the bed and then pull the knees into her chest. This is a magical way of helping your man go all the way and give you an even deeper pleasure.

Remember when he is pushing in and out of you, you should let your hips rock back and forth in rhythmic movement. This conjoined movement has the power to trigger a joint orgasm which often is the most exhilarating feeling in the world.

Even in the missionary position, there is endless room for experimentation. By stretching your legs wider apart or squeezing them shut near his neck, you can give him varying angles. With every variation in angle, the push he can give and the thrust you will feel is bound to change. This can bring in significant changes to the sheer amount of pleasure which you will feel.

### *The missionary with the pillow effect*

While it is almost the same as the missionary position, it is common among couples that it deserves to be another position altogether. Also, it has a significant impact on the sexual experience you get.

So, for anyone looking to do and feel a little extra, the change lies in placing a pillow right under your hips when you are lying flat on your back.

This simple change can bring in massive climax because the elevated hips allow the man to push directly against the clitoris. As we all know, the clitoris is the female part that enjoys a very high sensitivity and when touched appropriately; it can give you everlasting orgasm.

When practicing this position, try to focus more on your man trying to grind you rather than rocking to and fro. Once he manages to push against your clitoris, you will have a special thing for this position.

While the trick is to offer the right kind of elevation and create a great sloping angle; remember you both still need to be at your comfortable best because sex can be messy but should not be uncomfortable. The pleasure comes when you are both enjoying it rather than fussing about what is wrong and right.

### *The edge of the bed drama*

This is perhaps the most favorite position for a lot of guys as it involves the least work for them. It is also suited for those couples wherein a petite woman has a partner who seems to be on the heavier side. In such cases, the woman should lie flat on her back but sleep at the edge of the bed so that your legs are hanging down.

Now, the man needs to place his body in between your legs and hold them. You can also cross your legs behind his back if you want to. This gives him enough room to enter inside you and he can thrust his erection to the fullest. Both the partners are likely to enjoy the movement a great deal as it gives room for the maximum thrusting. However, the bed's elevation and the man's height need to be in tandem for the best experience. If the elevation doesn't suit you right, you could again make use of the pillow effect or he could also kneel on the floor to get his erection at the right level. Feel free to

play with your legs to widen or decrease the room. These little variations lend the right flavor even in beginners' sex positions.

### *The girl in charge or the cowgirl position*

This isn't the easiest position in most cases but depending on the kind of lubrication you have, you may or may not try it as a beginner. One thing is guaranteed though; you are going to enjoy it to the fullest.

In this position, the man rests on his back and lies on the bed. The woman would crawl on the top of his body and rest her leg on either side of his body.

Now, slowly take the penis in your hand and gradually lower yourself and push it inside your hole. Remember, you should be wet enough when you do so. If you are not naturally wet, consider using a lubricant or else it can be painful and too messy. If lubrication is not a point of concern, you can slowly lower your hole and draw in the penis and take him for a ride.

This position gives men a massive jolt and they are likely to have a longer orgasm. Women too have a thing as it gives them the feeling that they are riding their men and are totally in charge. Men who love women who can take charge and lead from the front are likely to have a soft spot for this position.

These are some of the most popular beginner sex positions. Before you proceed with this book, we want you to try each of these positions first and see which one you like best.

Ideally, if you truly want your partner, each of these positions should be amazingly satisfying. It is more about the ride and the journey rather than the final ejection and the climax. Of course, everyone loves a good orgasm but make sure to enjoy the whole ride; right from the cuddling to the foreplay, the riding, and the final climax.

Once you have mastered these positions, you would be all set to try the hardcore ones and take your sex game a notch higher.

# Chapter 3: Oral Sex

Now everyone has their views and opinions when it comes to oral sex. What one needs to understand is that when you are looking to experiment with sex and do things differently, you should surely try and opt for oral sex.

Oral sex is a great way to create the right movement and keep things mighty exciting and pump up the passion in the relationship. When you are really into it, you are not likely to think of how icky is this or is it even hygienic.

When done right, oral sex could trigger some of the most massive stimulations bound to help you feel elated and at top of the world.

So, now that we have set the ground for what makes oral sex so exciting and why it needs to be a part of your bedroom life, we will get into the details of some of the best positions to practice oral sex.

However, just before we get down to the nitty-gritty, we are here with some of the finest tips that can help you with your game, whether you are giving oral sex or getting it.

*Be vocal*

Don't just do it, let your partner feel every bit of it. A good sexy narration of what you are doing to the insides of their body with

your magical tongue is a great way to keep the sex hormones surging higher and higher until the body may reach the climax.

So, when you are licking the insides of her vagina or even when you are giving your man the perfect blowjob, be all set to give a sexy narration of how it feels, when your moth touches their insides and don't forget to add in little moan here and there for all that extra glitz.

### *The background porn*

Now, this depends on both the partners and how much they are willing to use this. However, many couples have hinted that watching porn together acts like a great stimulant and helps them fall in the feel a lot more easily.

When you are administering oral sex to your partner, you could have an oral sex porn clip playing on your television. The music, the ambiance, and the video sometimes set the right tempo and get you both in the real mood.

### *The play of hot breath*

Now, this seems to be a scientific fact. When you use your hot breath on your partner's intimate openings, it is likely to create a wave of stimulation to the nerve endings. So, try to puff out a breath of hot air on the vagina and then let the tongue take her for a ride. Trust us,



she is going to dig her nails all over you and moan and call out your name in a way you will never forget.

### *Mix and match*

When we talk of oral sex, it doesn't have to be limited to just the play of your mouth. For some of the best excitement and results, you could mix and match it up, Let your fingers go deep inside her and then pull them out sharply. Do not let her breathe; get even, kiss the insides of her vagina and lick her as your whole world depends on it.

This in and out movement and the mix and match of fingers and tongue is sure to drive any woman crazy and she is going to ask for more and more. Remember the idea is to keep teasing her until she wants nothing more but the whole of you inside her.

Similarly, for women looking to seduce their partner, feel free to play with their penis. Draw in a rhythmic circle, stroke him widely, and leave some gentle bites while gobbling the whole of his ejection. When you are gobbling his penis, let your fingers massage his balls and push them up and down. This joint movement is sure to drive him nuts and he won't be able to stop himself from penetrating inside you.

*Use lube, if needed*

Some of us tend to have it too dry, both men and women included. Feel free to make exciting use of lube. There are several sweet-smelling massage oils available too. Look for massage porn, if the need be. Try to lubricate the parts totally and then give a gentle massage. This often builds the whole tempo and then you can slowly tease your partner and let your mouth do the rest of the magic.

These are some of the best tips you can use to get the most out of oral sex. If you haven't yet done it, this is the time to try it now. Show some of the sexiest oral sex moves to your partner and watch them moan on and on in pleasure.

Now that we had the basics underway, we will focus on the best oral sex positions to help you get the ultimate pleasure.

### 1. The Venus Flytrap

This is one of the most common positions for those who love oral sex. The woman needs to lie on her back while her head would be off the bed's edge. So, you will face the opposite wall and your man is going to stand right there.

He could stand or kneel based on what is the suitable/comfortable height. This allows him to have his penis right at the level of your mouth. You can now hold his firmness and lick his balls and play with it. As he is free, he can massage your breast or even kneel a little and try to finger you so you could have a killer go at the oral sex game.

Remember, as we have always said, sex boils down to experimentation, and finding out what ticks you the most. What you like might not appeal to some other woman. So, leave plenty of room for experimentation and even in the best of sexual poses, feel free to add your flavors for the best results.

## 2. The Classic 69

An evergreen favorite among most couples, we have all loved the '69' position. This position allows you to have the genitals facing each other's mouths. This is a great way to ensure that both of you can participate in the right level of sexual pleasure while taking each other's body to the tip of the orgasm.

You can always place your legs on your partner's shoulder to give him/her more room and let the tongue devour the insides while taking you on an unforgettable ride.

Remember, when you are doing the '69' position, you can try to mimic each other's moves or take the lead while the other can follow. These different ways and styles are sure to help you enjoy your oral sex time and it will help you discover each other's body most effectively.

If you want to have more room for experimentation, you can try to have the sideways 69 too, it is sure to improve your sexual sensations by leaps and bounds.

## 3. The Throne

In this position, one of the partners needs to sit on the chair and push their legs wide apart. The other would kneel right in front of the other and then tease, squeeze, cuddle, and excite the genitals.

When your man is sitting on the chair, as a woman, know how to command lead and cup his balls and slowly trace the whole trajectory while moaning sexily. This creates an amazing environment, and at the same time, you can then suck, bite, and even lick his balls and the erection.

When the woman is sprawled on the chair with legs wide apart, the man could push his fingers in and out to create a pulsating rhythm. You could then play a tune with your tongue and explore her insides while she goes crazy with your sensuous and sexual movement and screams your name in desperate need.

#### 4. The Cinema Blow Job Position

Imagine the two of you sitting side by side in a cinema. You need to slowly caress your man, tease him at the edge of his erection while still keeping the buttons on his pants on.

After you have created quite a momentum, slowly unzip his fly and then take his penis in your hand and start a sensuous massage. You can then bend your body and slowly lean over him while taking his erection in your mouth. You can lick it and even rub it to make him hard enough to give both of you the pleasure of a perfect blowjob.

Remember, stroking the cock is a great way to build the right amount of pleasure and power inside the body. This creates the right level of sexual tension which in turn kick starts a great orgasm.

If you would like some extra action and would want to spice things up; you could ask your man to massage your breast or nuzzle your body while you are giving him a full-on blow job. The dual action tends to create an even elevated sense of sexual satisfaction in the couple.

These are some of the best positions and tips that can help you master the art of oral sex. Remember, there is nothing to be shy of or have inhibitions when it comes to oral sex. Whether or not you want to have your man cum inside your mouth or what you want to do with it is something you should both decide early on.

Many couples end up enjoying blowjobs while they make it a point not to cum inside the mouth. The decision should be mutually agreed, and this is no delimiter to not having oral sex. Some of the most erotic fantasies of people have a lot to do with oral sex.

A great blowjob or even a handjob is a prerequisite for an amazing sex story. Sex is something you should both enjoy and try and make it more fun. This will keep you young and oral sex is one of the best ways to spice things up.

Not every oral sex needs to end with a penetration. Such is the far-reaching satisfaction level of oral sex that you may be thoroughly pleased after it and won't need to go the complete round.

The idea is to determine the level of pleasure you seek and how to achieve it. It is about both giving and enjoying it at the same time. Our research found that it is synchronized oral sex that tends to deliver the most heightened sense of pleasure.

When you are licking his balls while his tongue is doing magic to your vagina, you are sure to feel like you have never felt anything better than this.

Before heading to the next chapter, your bedroom duty of the day is to try some of these potions and note down in your diary as to how it felt. Remember, keep talking and narrating the experience to one another. The sexier the tone, the more powerful the orgasm.

Now that the basics are underway, we are now going to focus on more hardcore sex positions which are likely to help you take your sex game a notch higher.



# Chapter 4: Hardcore Sex Positions

When you have mastered the sex level, it is now time to spice things up. We will talk about some of the best hardcore positions for all those looking to experiment and enjoy.

With some of the best sex positions guaranteed to give you better climax and harder orgasms, there is a definite way you are going to love it. Here, we are going to talk about some of the best hardcore positions. Remember, to master these positions, you need to be willing to experiment and put in a little effort. The idea is to make sex appealing, entertaining, and all the more enjoyable.

Often, these hardcore positions give your relationship the extra push that adds the right amount of passion to keep it going smoothly. There are couples who despite swinging on the wrong side of the fifties are willing to try these positions. This helps them stay young and wild and not give a damn to the tiring age statistics.

## 1. The Free Limbo

This is for those who are always looking to try different things. We have all heard of how the G-spot is the most magical part of a woman's body. When teased right, it can trigger some of the strongest orgasms any women have ever experienced.

In this kind of sex position, both the partners are lying on the bed. The woman can try to have her head sandwiched between her man's

ankles. Now, move your hips a little as your man will try to thrust and push his penis inside your vagina. It may take some time and effort to make the push as both of you are lying down, but with some change in angle and position, he should be able to do it. It is a great way to hit the G-spot. Simultaneously, as both of you have your hands free, use it to tease each other and even lubricate the vagina or the penis for an even better and heightened sense of experience.

Make sure that your body rocks to and forth in synchronized movement.

## 2. The L Train

This is surely a very sexy position to have sex. It is not easy but when done right, it will leave both of you gasping for more. Why your partner will lie on their side, you should lie down at a 90-degree angle. The key here is to make an L pattern with the body of your partner.

Now, bend your legs and then let your knees rest on top of his body while the rest of your leg glides down his butt. Now, position your body in such a way that your butt directly presses his penis. You both will need to make adjustments to get the movement right and once you manage to do so; your man should try thrusting his large cock slowly inside you. The movement is bound to send sharp jolts of pure pleasure through you. You can use your free hand to caress his man nipples or even oil his hair. Make sure to moan and call out his name for added bedroom pleasure. He too can cradle and caress your breast as much as he wants and thus this position leaves plenty of room for experimentation and fun.

## 3. The Raised Doggy



We have all heard of the doggy style of sex, but when you are looking for hardcore sex positions to get a different intoxicating kind of experience; it is the raised doggy which will do the trick. Remember to carry out this hardcore sex position; your partner will need to be muscular and strong as he needs to hold your body weight. You use your arms for support and the rest of your body is elevated in the air. Make sure to push your thighs wide apart while your partner will place his body between your thighs.

He needs to grip the thighs to give you the support you need and then he will slowly insert his penis in your hole and then make the movement harder and faster with every thrust. This is bound to give you a mighty orgasm which you are least likely to forget anytime soon.

#### 4. The Lift-Off

This is for those couples who can't even wait to get to the bed while having sex. Think of situations like coming from a party wherein you both get drunk or horny or have dressed to tease him and rather than going out, he can't help himself from pleasing you and doing it right then and there.

In this position, the man needs to be an alpha male and strong as he needs to lift you in the air and hold you by your butt while still pushing inside you. You can straddle them and then even dig your nail deeper in his back while he pushes his massive cock in your wet and swollen vagina and takes you on a ride.

If you are drunk and wobbly, you could always make use of the kitchen counter or the washing machine top to rest your butt and he can give you a licking session before claiming your body by pushing the whole of his penis in your wet hole.

Once again, feel free to break the rules and do what pleases your senses and the body.

## 5. The Side Roll Fun

This is for all the cuddle lovers who just can't keep their hands and parts to themselves. You and your partner lay side by side while bumping into each other. The woman can lie on the front and the hips should bump directly on her guy's penis. Make sure to spread your legs a little apart so your man could spoon you and his thighs can cover yours.

Now, he will slowly try to penetrate his penis in your anus, and you could start having the best anal sex. You could also turn this position into the reverse cowgirl mode and when you push your legs ahead in front of you, you can get him all the room for a night filled with lots of action and thrusting and of course mind-blowing orgasms.

## 6. The Yogi Style

Who said yoga is only for the exercises? You could make smart use of this exciting yoga pose and get the best sex in your life.

Your partner would sit up in the bed and he can even have his legs stretched out or also be cross-legged. You will sit on his lap while facing him and your legs should go around him and enclose him in a tight wrap.

As you both touch each other skin to skin, press your breast firmly to his solid chest and try and rock to and forth. All this while, his penis should cradle your vagina, and this is sure to make you wet enough for smooth lubrication. Now, he needs to slowly get inside you. Once he makes the right room, the movement can be fiercer, stronger, and more aggressive for increased fun and frolic. As the arms are free, make full use of it to keep the momentum going.

The orgasms experienced in this position are likely to be very powerful and even long-lasting. You can always incorporate sex toys in such a position for a heightened sense of pleasure.

## 7. Scissor Style

This could be a little tricky as far as getting the position right is concerned. You and your partner should lay in such a way that one of your legs is sandwiched between his while the other should be stretched on the other side of the leg. This gives you a scissor-like position.

It could be hard to get the right elevation and angle but once you manage to push your penis inside, the right angle will help the woman derive a very high level of sexual pleasure. With your free hand, you could nuzzle her breast and she too could spank you or try different kinds of things to increase the sexual desires between the two of you.

## 8. Standing Doggy

There are so many different ways by which you could improvise the doggy style and have great fun. Many people have often concluded that having sex while you are still standing is sure to do wonders for

the kind of passion you will feel. It gives something extra and adds a little dynamic flavor to the whole art of having sex.

In this standing doggy style of sex, you both stand and face away from each other in a way that your back touches the chest of your man. So, your partner would spoon you from behind. This could be a little tricky for those couples who have mismatched heights. In such cases, the woman could wear stunningly high heels while being bare-bodied (because who could resist a naked body with stilettos, after all?) or make use of chairs and related stuff.

Your partner would cup your breast and you can similarly stroke his erection as both of you arouse each other to the very limits before culminating in the final act of penetration.

## 9. The Prayer Pose

In this style of hardcore sex, the woman can either sit or lie on her back but her feet should be on the ground and the legs should be spread giving her man the full room for getting inside her vagina and the insides of her hole.

The man needs to kneel and face the woman. He can bury his face in between your legs and lick the insides of your vagina. She can bend a little without compromising with the room her man has and caress or even spank his ass.

After a while, the woman needs to get a slight elevation while the man pushes his cock slowly inside her hole. Once the insertion is done, the movement can get quicker and rougher for the best results and a wild, wild orgasm.

## 10. The Recliner

This is one of the top hardcore positions for oral sex. Here, your man would lie down on his back. The woman should position herself

between his legs. This is great for talking and noticing how your woman would entice you and arouse you so that all your blood would drain to your balls. The woman bends her knees and she could give the best blow job. At the same time, she could make excellent use of her breast to nuzzle the top of the penis and maybe even have some of the cum all over her body.

When you feel that the need drives both of you crazy, she commands this position, takes the lead, and can guide the penis home by pushing it into her wet swollen hole. This is a great pose for some of the best sex action.

#### 11. The Butt Lift

This is a great way to have some fun while having sex. In this position, the woman can lie on the edge of the bed and then push your legs up in the air. When you do so, move your butt higher in the air too. Your partner can hold either your butt or your legs as he wishes and then he can sit down or control his elevation so that his penis is at level with your vagina. By resting your legs on his shoulders, he could free his hand with which he could tease your vagina and try to stimulate the clitoris to give you an out of the world orgasmic experience.

The key here is to get the balance right and then thrust in and out until you are filled and moaning with pleasure. This is a great position for those who like to get a good view of how the sex scenes are happening.

#### 12. The Frog Style

Those of you who are tired of the doggy style can make things exciting by going for the frog style. It could be a little tricky as far as balancing the weight and position is concerned, but it is sure to help you get a great orgasm and enjoy the whole movement.

You would need a comfortable armchair for this and the man needs to lie on his back in the armchair. He is simply using the armchair to get the elevation. Remember, not to be too uncomfortable or else it might take away the fun element from sex.

Spread your legs on the top of the armchair and raise the pelvis a little giving your woman the room she needs. The woman then needs to sit on the top of the partner while facing him. She wraps her legs around his hips and may use a part of the armchair to rest them if the need be. This would take off some of the weight and the strain on the shoulder. The arms should be stretched and maintain the right balance. Then she can slowly guide his cock inside her hole and take the lead and ride home for one of the wildest sex fantasies of all time. Make sure to have a rocking movement to give your man the best sexual feel.

### 13. The Flying Buttress

This could be a tricky position and it is ideally meant for those couples that show a great deal of flexibility. Here, the woman would be on top but she would be facing away from her man. Her head would be near her partner's feet, and the man's head would be between her legs.

It could be hard to push the penis inside the vagina in this position which is why there may be a lot of rubbing and movement involved.

Often, it is the foreplay and the rubbing which makes this position a top favorite for those who want to shuffle and move before doing it.

You can also make sure to lift your pelvis and this would offer your man ample room to thrust his cock in your vagina. The idea is to ride his ejection and to take him on a journey that will make true the wildest of his sexual fantasies. As the position is tough and can get messy, not everyone is willing to try. If both the partners are flexible and are sport for something experimental, it is a great move you should keep an eye out for.

#### 14. Howdy Style

This is similar to the '69' position but it lets you have the full-on pleasure and it can end with a deep thrusting and the final ejaculation and out of the world pleasure as well. Your man should lie on his back. You would be over him but your ass would be right near his mouth and your mouth could do wonders to his genitals. You need to straddle your man and ride him. Make full use of your mouth, finger, and hands while your man could finger your ass and even your vagina and the synchronized movement could leave both of you breathless.

The idea is to move up and down on his body while he would strain his finger to not let go of your wet and swollen hole. When you both are done with the handjob and teasing, you can then guide his cock in your hole and then bump him up and down for the ride of his life. It is sure to top every man's fantasy and give him the best sexual experience of all.

#### 15. Special Breakfast

This position is mainly targeted to help women achieve a better orgasm. The woman need not be sprawl on the breakfast table as she needs to rest on her elbows and push her hips and legs higher in the air. The man sits on the chair in front of the table and pushes her legs over his shoulder. He lowers his mouth to her vagina and gives her an erotic blow job. The deeper the tongue, the better the sexual energy and excitement.

The powerful sensation which is triggered is bound to help women achieve a different level of orgasm. For those willing to take it to the next level, the guy could stand on the chair, hold the legs firmly in his hand, and then push his erection in the hole after teasing it enough with his blowjob.

This is one of the top hardcore positions guaranteed to bring in some of the most stunning results for both of you.

## 16. The Fantasy Pose

This is the best hardcore sex position for those who need a deeper level of satisfaction. You would need a fitness ball for this sex position.

The woman lies on the fitness ball and her arms and legs are resting. She uses one of her arms to gain the right strength and then moves one of her legs high. The man kneels placing himself between the two legs. He then takes her elevated leg and pushes it behind his shoulder now. He gets the right room to first tease her vagina, and then rub the clitoris. This could give her a moaning massage and then when he pushes his massive cock in her hole which must be



wet and sullen by now, she is sure to experience an orgasm she can't forget.

This position is known to be one of the best for enjoying the highest level of satisfaction and sexual pleasure as it gives both people plenty of room to visualize the whole scene and enjoy it to the fullest as well.

So, these are some of the top hardcore sex positions which people are likely to enjoy. Remember, the best rule of sex is that there are no rules for sex, so you should be willing to try all you can.

You are free to invent your move as long as it gives you pleasure and fills you. The more you caress and play with each other, the better the odds of enjoying sex.

Sex should never be made to feel like a routine as this would take away the fun element of it. Let the raw passion consume you and it is when you try these new and different styles that every time you have sex, you are bound to find something new in each other.

The key is to always bring something new to the table. We have the same body but when you change the position of having sex, you feel like you are exploring an all-new territory. None of the sex position is impossible to achieve. All it needs is the right body flexibility and the ability to handle balance.

Do not be overwhelmed with these many details in one go. No one is asking you to do all of it in the same week. Now that you know the hardcore sex positions that most experts have been practicing, the key is to experiment with a few of them. You are sure to feel the increase in your sex drive when you try some of these.

These are tried and tested positions for increased sexual pleasure and experience. Those people who are struggling with intimacy issues should go for it. Every move is bound to feel different and you would feel as if you are starting afresh and sex could be so much more exciting and fun.

The best thing about these hardcore sex positions is that you could make your improvisation simplify or even further increase the complexity. The key here is to find the common ground best for both the partners involved and then to go with the flow. The right sexual position is bound to have a positive and everlasting impact on a relationship because ultimately, we all have needs that we need to fill.

So, do not be shy and make it a point to explore your body. You can try to masturbate and fiddle with some of the poses to see what ticks you the most. If you are planning to spring a sexy surprise on your partner so you can revive the lost spice, you now have tons of amazing ideas to pick from.

Choose any of the above and build the momentum and take your partner by surprise. Make sure to note it down in your diary as to how was the whole experience. Once you start enjoying it, there would be no stopping you from trying all of these positions.

# Chapter 5: Experimental Sex Positions

As we have always emphasized from the beginning of the book, sex is all about experimentation and new flavors. When you are old and barely moving your body, it is the desire to have sex and try something new that keeps the old game going.

If you look into the concept of cougar dating wherein older male romances a younger female or vice versa, what is the main trigger behind it. Of course, it has to do with the desire to experiment, to learn new things, to try something which could bring in a change and yet satiate the inner desires of the body at the same time.

So, if you are looking to infuse this change in your bedroom life, you should be up for experimental sex. Remember, the good thing about sex is that you can always introduce your element to it. There is no specific rule book to follow. Sure enough, we will be listing some poses and specific positions that you can experiment with. However, the moment you feel that it does not seem to be any fun and feel it be more of a tedious exercise, the simple and smarter thing to do is opt for an alternative or even your favorite sex potion. The idea simply is to not give up and to try and do something out of the ordinary.

There are endless couples who spend hours trying a different position, but they end up back to doggy or even missionary style in the end. Regardless, the effort and foreplay that happens before keeps them going and rejuvenates both the body and the mind.

So, are you all set to try on some of the most experimental of sex positions? A little bit of warning for you here. As we talk of experimental sex poses, we are going to venture into threesomes and even a little of BDSM as well. You need to draw your line and find what is most comfortable for you and work accordingly. Just because something is mentioned here doesn't necessarily mean that you need to get down and try it.

Before we get down to the experimental sex positions you should try, we first need to establish some ground rules to know what you are getting into. With these rules, you should be in a better place to understand the specifics. We want you to know that when it comes to sex, you have a free reign in hand, but the decision should be mutual.

- Be conscious of what you are getting into While we all love drunk sex, remember when you are being experimental, it is best to be fully conscious and aware of what you are getting into. Trust us; being drunk and getting into a threesome would be a terrible idea if your partner later finds it out and you would have nothing but regret.

Make sure that everyone involved in it is in a fully conscious state and completely aware of what they are getting into.

- Understand the positions clearly: You need to understand the right position you are going to try. At the same time, you should have a clear picture of the male and female genitals. The last thing you want is to end up with a sore dick or leave a bad mark on your partner's vagina. Do not take the experiment to such heights that it ends up harming the other one. Be mindful of each other's body and the limits of the sex position.

If it is unpleasant, know when to stop: Just because we have mentioned a position here doesn't mean that you need to strike it off your bucket list. Never forget the fact that sex is all about passion and fun. The moment any of you feel that the whole experience is

turning out to be unpleasant, we advise you to stop immediately. Do not let the fun actor die as sex without fun is of no use. Also, it is always a good thing to improvise. When you feel that a certain situation seems unpleasant to you, try to shift the gears and move a little to find your own comfort space wherein you can take the game a notch higher again.

- **Grow the momentum:** Some of the positions may look a little too difficult. We recommend starting from a base position and then slowly shifting gears and trying more complicated ones. Once you are in the groove, it is easy to pick on the momentum. This is why foreplay is so important in cases about experimental sex. This will allow you to explore unknown territory and when you are already in the groove, trying complicated positions gets even easier.
- **Keep the communication going:** You must under all costs communicate. Just because you are hooking up doesn't mean that all you need to do is moan. It has been seen that partners who speak when having sex are likely to be much more intimate and share a deeper level of the bond. Also having the right communication would mean that you will understand whether your partner is enjoying pleasure or pain. This will also help you build the momentum and pick up speed in a way that is sure to please the body. Communication, while sex could be a massive turn on and can also help you, enjoys a higher and deeper level of orgasms.
- **Create your list:** While we have picked one of the best lists of the right experimental sex positions for you, feel free to improvise and come up with your styles. Sex is all about being prompt and coming up with the right decisions. Ask your partner what turns her on and the position she loves the most and based on the body flexibility which the two of you enjoy, feel free to explore and then have the best sex of your lifetime.

Now that we have the rules underway, it is time to dive into some experimental sex positions. We guarantee that they are all fun to try. Choose the ones that seem to be best matched to your choice and body flexibility and give your sex game a big push.

## 1. The Handcuffs

If you have seen 50 shades of gray and happened to love it, we do not even need to explain anything more about this pose. The idea behind this pose is to make sure that one of the partners is completely submissive and the other gains full control.

These forms of experimental poses are often sure to ring in a great flavor in your sex life. The idea behind this form of sex pose is that you handcuff your partner by tying her hand behind her back. Now, make her bend on the bed.

As she is handcuffed and can't do anything with her hands, you are free to play and fiddle with her. For the best kind of effect and enjoyment, you could tease her nipple or even finger her as she helplessly wiggles and can do nothing but moan and shriek in pleasure. When you feel that you have created enough momentum, you could then slowly thrust inside her and then make violent movements before taking her on a complete ride and fulfilling her to the whole.

This is a great way for couples to inject something fresh and new in their relationship. For those who like to further play with things, you could handcuff the male partner and the female could take lead and tease him as much as she wants before guiding his cock inside her.

This is often known to be more powerful and can be much more intense.

## 2. Weak In The Knees

Now this one is for those who have a thing for oral sex. When it comes to oral sex, we all end to stick to the good 'old 69. However, if you want to experiment with oral sex and take things a notch higher, this might just be the position.

When it comes to face sitting and putting oral sex in the equation, things quickly take a turn for the good. Here one of the partners needs to lay on their back and the other would start straddling their face.

You would sit in such a way that your intimate area is right at their mouth and this would allow them to do all they please. As your hands are free, you are all set to fiddle with your partner's body and enjoy it.

Make sure to reverse the positions so that both of you can have an equal go at straddling each other's private parts.

## 3. The High Five

Now this one is not meant for regular couples who are looking to spice their bedroom life. This is for those experimental couples who are okay with a threesome and are happy to tag along with a third wheel while having the best sex.

In this form of experimental sex position, there are two guys and one girl involved. The girl needs to get in the doggy style and she is sandwiched between two guys.

Her rear end would have a guy who would penetrate her by penetrating his dick completely inside her and giving her an orgasm. On the other hand, she would have another guy standing near her face who she would be giving the best of oral sex. She can lick her balls or cup the penis and then tease him and do whatever it pleases her.

Ideally, the harder the penetration, the more aggressive the oral sex is because the stimulation of the orgasms tends to do that to a woman. This position is called the high five because the two guys can do a high-five while one is giving and the other is getting it. It is famously known as the Eiffel tower position too.

If you would like to enjoy the real fun and get a great kick out of it, we recommend doing this in Paris and feeling like you had your own big Eiffel movement.

This is strictly recommended only for those who are alright with the threesome sex and do not mind having another partner be a part of their sex life.

#### 4. The Missionary With A Cock Ring

Now it isn't too much of an experimental yet for those who are new to the territory of sex toys; this one is a good pick. In this form of sex position, the man needs to wear a cock ring. These come in different



variants. We would recommend picking the ones that vibrate. This is because it is the vibrations that trigger some of the most powerful orgasms of all time.

Once the man has worn the cock ring, you both can get in the missionary position and after an adequate amount of foreplay; he could then push inside your vagina. The moment he does so and the cock ring starts to vibrate, you are bound to experience an out of the world vaginal pleasure. The rocking to and fro movement of the penis and the strong vibrations emitted by the cock ring is sure to help you have the wildest sex you have ever imagined.

## 5. 69+1

We all know the classic 69 and almost each one of us must have done it uncountable times too. However, when we are talking about experimenting with sex and trying new things; one of the best ways is to engage in a threesome.

This is a very amazing way to mix things up and see how it feels. The idea here is to have two women and a man, but you can surely mix with this pairing as you may have two men and a woman or whatever you please.

First of all, let any two partners engage in a regular 69 as they could give oral sex to one another and make sure to elevate the senses as much as they can. While the partners are at it, the third wheel will then penetrate the upper lying partner and thereby give a whole new direction to the concept of 69. This extra trigger is bound to pace up the speed of the person being pretreated and thus the partner beneath can feel the thumping vibrations and the increase in pace too.

So, the single partner who is penetrating the couple can regulate the speed of sex and even trigger orgasms if done in the right manner. Sounds like fun? We bet it is!

## 6. The Public Rear Entry

Now be very careful while trying this. You must make sure that you are checking your city's laws and whether or not you are allowed to have full-on sex in public. Further, it is also important to gauge how comfortable both of you are and if it is the kind of sex experiment you are willing to consider.

It comes as no surprise as to what rear entry sex is. This is no rocket science and doesn't even require any explanation. However, the experimental part here is that you end up doing it in public.

Both couples should stand and face in the same direction. The girl should bend as much as she can and take into account the kind of comfort you have. Bending down gives your man an adequate amount of room and he can then slowly thrust you from behind and give you a different kind of pleasure.

The thrill of doing it in public is enough to give your sex game a top raise. Once again, be mindful of the state laws and also take into account the fact as to how prying the eyes of the stranger may be. You don't want anyone to film your act and put it on YouTube for you to be ashamed of later on.

So, do this at your OWN RISK!

## 7. Anal with A Vibrator

Anal sex is known to give couples the right kind of thrill. There is no doubt that many people who like to experiment but not a great deal tend to adjust with anal sex.

But, if you are looking to take your game a level higher and want to move things ahead, we recommend using a vibrator along with the ordeal of anal sex. The woman can bend down in doggy style and the man would penetrate her from behind.

While he is doing this, the woman can take a vibrator and push it inside her vagina. This triggers the right kind of vibration which can help her orgasm in a much better and deeper way. This kind of double pleasure and stimulation is bound to give you an added thrill that can elevate your kind of fun.

If you are looking to further enjoy things, your partner could guide the vibrator inside you and this, in turn, will give you an added level of pleasure. The positions can be reversed too and you could put a vibrating ring to his cock or anything else to trigger the right stimulating waves.

## 8. The Shoulder Holder

Those of you who enjoy a little body flexibility and are willing to flex your muscles a bit for the sake of a hot and passionate night of steamy sex; this is the position you need to experiment with.

The woman needs to lie on her back and throw her leg up in the air. The partner then needs to position himself in such a way that one of the men's shoulders gives support to both her legs. Now, make sure that the penis of the man is in direct contact with the vagina of the woman. You may need to use a pillow under the woman's tail bone or even tilt it a little.

It may take some time initially to get the angle right but once you manage to do so, you would be all set to have some real fun. Take your time to play with her body and let every push and pull take both of you on a wild steamy ride.

## 9. Double Cowgirl

This one too is for those who love threesome and are not opposed to having a third wheel join them in the game of sex. The man needs to lay flat on his back and there are two women in this position. While one of the women needs to be in the missionary position and she would tease his cock and guide his penis home into her vagina; the role of the other woman is to sit on his face and help him have one of the best oral sex that will give him a great pleasure too.

So, in this position, the idea is to both get it and give it and the fact that the man can have both penetration and oral sex means that the experiment is bound to be one of the very best which will help them have loads of fun.

So, those who are okay with the whole concept of threesome should surely try this position out for enjoying a great deal of fun in the bed.

## 10. The Lotus Style

This style is even suited for older couples who are not looking for something too dynamically different and yet unique enough to jazz up their bedroom life. In this style, the man needs to be seated and the woman is arched on top. She can kneel on his lap or even sit and wrap her legs around her man. This position resembles very much to that of a lotus and hence the terminology.

One of the best advantages of this position has to be that it is very comfortable and if you are looking for slow night-long sex, this is surely the position to be. So, be all set to tease your partner as much as you want and slowly guide him inside your whole. No doubt, slow and sensual sex ends up being a great way to enjoy satisfaction.

## 11. Spooning Oldies

Now, this isn't too experimental but old couples who are looking to fiddle with positions and styles of sex can make good use of this one. This is also ideal for those who like to cuddle and snuggle before or after sex. Both the partners lie close to each other facing the same side. This means that the back of your woman would completely touch the front of the man.

Now, the woman can spread her legs and place one of them over her man. Doing this would give him enough room for some finger play. This prepares your body for full depth penetration. Try to get an adequate amount of room to thrust your full-grown erection in her swollen hole and give her the pleasure she has been seeking.

This doesn't require too much flexibility and movement and has plenty of room for cuddling and foreplay. So, get along and do all that you

want to bring your sexual fantasy to life.

These are some of the best experimental sex positions you should try if you are in the mood. There is no doubt that each of these positions will add some mischief and spice to your bedroom life.

Of course, the positions that are in the threesome category need the mutual agreement of everyone involved. Don't wake up with the regret of being a part of a threesome. Make sure to engage in it if you are up for it. With these experimental positions, you are sure to feel a different kind of drive and vibe in your body which will make you much more energetic and dynamic.

Many old men who seem to be happy and active have devoted their vitality to active sex life. Sex has a way of keeping you both young and happy. However, doing it the same way repeatedly with the body that naturally gets old can be a little monotonous.

So, do a little different even if you are not a huge fan of these positions. The idea simply is to be willing to experiment and to bring in changes that could excite both young and old people. As long as there is excitement, you are going to love sex.

Before you proceed to the next chapter, we want you to try some of the positions and then make sure to note it down in your diary as to how the whole experience has been. Improvisation is the key to having the best fun while having sex.



# Chapter 6: Anal Sex

Whenever there is a discussion of sex, anal sex often comes up. It is a little in the experimental category and almost each of us has tried our hand at it at least once. The thing about anal sex is that it can get painful and requires careful consideration of several parameters.

This is why we are going to have an elaborate discussion on the dynamic of anal sex and this will help you get a much better idea of how to do it.



# The Guide to Anal Sex

Before we talk of some of the best positions and how you can make the most anal sex, it is important to know some precautions and set some ground rules. This is crucial because unlike the regular vagina sex, you need to exercise the right kind of caution.

*Take the anal training before going the full way*

We do not recommend starting anal sex unprepared. Remember, if you have never had anything in your anus, straight away asking for a penis to make way might not be the smartest of moves. The right thing to do is to experiment a little with small sex toys. This is important as it will stimulate and trigger the anal muscles and your body will be much better prepared to take in the penis. Do not create a fuss and be ready for a little anal training that can help you stay put for the big round of anal sex.

*Have a thorough mutual discussion*

Anal sex cannot be carried out if only one of the partners is willing. Remember, this is the kind of sex wherein both the partners need to have the same level of agreement. That being said, if during any time in between anal sex, any of the partners experience extra pain or discomfort, you should immediately stop having sex. Do not make things painful for each other. The idea is always to enjoy sex, have fun, and not make it look like a punishment.

*The lube is mandatory*

Always remember that there is a lot of difference between the vagina and the anus. The vagina has been so designed that it tends to self lubricate when aroused. However, the anus doesn't work like that. So, if you do not want to bleed profusely and feel discomfort, the smart thing to do is to ensure that you use plenty of water-based lubes. Doing this can make the whole process smooth and much better for you. No matter how messy and dirty it gets, slather as much lube as needed and then go for the big penetration.

### *Steer clear of numbing creams*

There are plenty of people who tend to choose numbing creams for the simple reason that it can take away the pain which is associated with anal sex. However, what you truly need to understand is that those creams can be potentially harmful in the long run.

When you use such numbing cream, your anus would be completely numb, so even if the penetration is too deep or there is an injury, you won't be able to feel and tell. This, in turn, could be the cause of several other problems. Until and unless you are willing to tolerate the pain, do not go for anal sex.

### *Try non-penetrative version first*

When you are doing anal sex for the first time, you do not necessarily need to push the whole penis through. Remember, sex is more about the experience than the complete act of doing it. So, if you want to prepare your body and enjoy anal sex repeatedly, we want you to start slow. You could do things like fingering or oral sex, but do not get ahead with penetration.

This way, you prepare your body and your mind for what is likely to follow. After a few rounds of oral teasing, maybe in the next session, you could try penetrative sex. This will also prepare your anal muscles in a much better inner.

### *Never forget the condom*

You absolutely must understand that there is no way you could do without the condom. When it comes to anal sex, the chances of transmitting STD and other infections are very high. This is why to ensure the safety of both the partners involved, make sure that the man is always wearing a condom. This is your primary line of defense which shouldn't be compromised at any cost whatsoever.

### *Foreplay is important*

When it comes to anal sex, do not get started with penetration immediately. Like we have been emphasizing already; you have to engage in a fair deal of foreplay to prepare your body and anal muscles for the big event which will follow. There are plenty of foreplay and oral sex options that you could fiddle with and warm-up for the big session.

### *Maintain the basic hygiene*

When we are dealing with anal sex, make sure to maintain the basic level of hygiene. This is why if you are using sex toys, keep them clean. Similarly, trim your nails and wash your hands before and after anal sex. Often, it is these little steps that ensure that you won't contaminate your body and you can prevent the transmission of bacterial borne diseases as well.

Once you are mindful of these factors, it will be relatively much easier and importantly safer to proceed with anal sex.

# The Anal Sex Positions to Try

Let us see some of the best anal sex positions you can try to enjoy a great orgasm and satisfaction.

## 1. The Rear Entry

This is by far a popular choice for too many couples. It is like spooning but on the belly. The girl will need to lie down on her stomach, and she can spread her legs apart to give her man the ample amount of room to penetrate her.

The man needs to lie right on the top of his partner and face the same direction. After sufficient lubrication, he can then push his penis inside and give you the pleasure you have been seeking.

## 2. High Chair

This is one of the powerful anal sex positions which is likely to give you both a lot of thrill. The woman needs to sit on a chair so that the butt must stick out of it. The guy then needs to stand behind. He could kneel down or even squat based on the elevation of the chair.

The man would grab his partner's waist and slowly push his penis in the anus. The in and out moment is sure to feel like a rocking chair and will drive both of you crazy with passion.

## 3. The Leapfrog

This has a slight variation from the regular doggy style. When you perform this position, think similar to doggy style but make sure that your (woman's) chest rests on the bed. The extra elevation ensures that your man will get all the room to push him inside you.

Once again, have ample lubrication to make the whole process smooth and enjoyable.

#### 4. The Turtle Position

This position is for those couples who like to play the submissive-dominant game. The woman needs to be on her knees and then pull them inside. This gives her hips an elevated arch and the man could kneel and draw her waist towards him before pushing his penis in the anus and giving her a fun-filled ride.

This position can be uncomfortable for the woman and you should be ready to improvise the moment you want to.

#### 5. The Burning Man

Yet another position wherein the man achieves the dominant role and you could play the submissive lead.

The position is simple, but you would need a tabletop or even a sofa. The woman needs to lean on the top of the sofa or the table and bed so that her anal end is thrusting out. The man then spoons you from behind and after enjoying some oral sex, he pushes his cock inside your hole. It is important to ensure that your table or sofa is such that it doesn't hurt you when leaning on it. Keeping a pillow or a blanket might be a good alternative.

This form of anal sex has the potential to get rough as your man could do all he wishes since you are bent on the table and can only moan and shriek in pleasure and pain. So, for those who love rough sex, this is surely a good position to try.

## 6. The Pearly Gates

If you are looking for an anal sex position that could feel a little exciting, this is it. In this position, the man needs to lie down on his bed. He can spread apart his legs a little, but the feet should be fairly planted. The woman would now get on top of the man and face the same side. Make sure to position yourself in such a way that the man's penis could find the woman's butthole and he could slowly but steadily make an entry and please you thoroughly.

This position allows for a lot of cuddling, foreplay, and even fingering as well. So, feel free to elevate your senses before getting downright dirty and rough.

## 7. The Jockey Sex

Those women who love to have their men firmly in corner and make the most of this form of sex. Here, the woman needs to lie down and the legs don't even need to be spread apart.

The man would then approach you from the back and sit with his knees bent. He needs to lean right over the back and then he can get the best angle to push his penis inside your butthole and drive you crazy with his rocking to and fro movement.

So, these are some of the best anal sex positions which you can surely try. Remember, regardless of which position you choose, it is very important to observe the right rules which we had discussed earlier. Practicing safe sex is crucial to ensure that both the partners can benefit from it.

This is not the ultimate bible as there are endless other positions that you can try. Come up with anything out of your mind, the only rule is that never stop having fun!

If you are up for a round of anal sex, you could try some of these positions and like always, note down your experience. This will prepare you better for the best sex experience of all time.





# Chapter 7: Sex Games and Role Play

How often do you engage in role-playing and what is your opinion about it? We believe that sex games and role play are excellent ways to improve the kind of sex life you are having simply because it creates a different kind of passion.

So, if you want to do something kinky and maybe experiment with games and role play, we recommend you be up for it. There are several kinds of challenges that you can throw at each other as this tends to rev up the excitement among the couples and gives them something new to hold on and explore as well.

So, let us talk of some of the possible sex games and then move on to the kind of role play antics you could engage in.

## The Striped Down Twister

We have all heard and played the classic board game twister. You have to play it the same way, the only difference is that every time someone fails, they have to remove a layer of clothing until someone strips completely and you can then move to the bed and take the game to a different level altogether.

## Truth or Dare

Give the classic truth or dare a strip twist. The questions should all be related to sex or the sexual fantasy you have and the ones you have lived. When it comes to daring, have sex-related dares, it could be things like give me a blow job, strip for me, give me a lap dance, do pole dance or anything else. The only thing you need to remember here is that the game should be played with mutual consent and the boundaries should be well decided beforehand.

## The Sex Dice

You could buy the sex dice from an adult store or make two sets of notes yourself. In one of them, you should jot down the name of the body parts and the other one; it should be the sexual actions you have to do.

One partner will take out the note from one set and the other from the next one. All you have to do is perform the action on the selected body part and thereby see who does what best. This is a great way to have fun in bed.

Of course, there are endless more games. Any board game can be turned into a sex game by giving it a strip angle. Every time you lose, you will have to remove one pair of clothing. Even challenge games could be turned to sex games by giving a sex-related dare at the end of the round.

So, make full use of your imagination and let sex be the torchbearer to the games to give you a fun-filled night.

Now that we are done with sex games, we will shift our focus to role play. If you haven't quite engaged in role-play, we want you to do so simply because once you enjoy the thrill, there is no way you will go back. The best thing about role play is that the sky is the imagination. You can do as much or as little as you please because there is absolutely no one to stop you whatsoever!

## The Role-Play Sessions

Why should you do it?

When we are talking of role-play sessions, the very first thing which we are going to talk about is why you should at all engage in it. We have some clear reasons for you to do so.

- Sets the momentum for the rest of the sexy night to follow
- It is a great way to spice things up
- Makes you feel different
- Helps partners come closer and are experimental
- Great way to keep sex fun
- Offers plenty of room to try new things

So, now that the reasons are clear, we are now going to focus on some of the possible role-play ideas that will give you the incentive to try them tonight with your partner. Remember, the sky is the limit when it comes to these games and once you get a hang of it; you would have a hard time letting it go.

### 1. The Professor And Student

Who doesn't love a good college romance? We have all fantasized about one or the other of our teachers in schools and colleges where our hormones were always on a rage.

One of you could be a professor and make sure to wear a tie and glasses and strip the rest. This makes you a very sexy professor indeed; you could use a ruler in hand or even chalk to go with the image.

When the other one is dressed like a college girl, go for pigtails or even braided hair. You could wear red lipstick and wear a sexy school uniform.

Now, the student approaches the professor who scolds her for being a bad girl. In turn, she could request the professor to help her with her classes and she would do anything in return. Make sure to flash your cleavage or even your butt when you do so and he could spank your ass for being a bad girl again. Do what you please and create enough

drama until both of you can barely hold it anymore! Then, jump on the bed and have the best class there!

## 2. The Boss And Employee

Once you are done with the college romance, why not head to the office room right away? Your man could be a mean boss and he could wear a coat and let go of the pants. The man needs to have a stern and strict voice.

The woman could dress like a regular employee or better she could just be wearing the heels and then for the scene, you could narrate things like, “Oops, I forgot my attire, will you let me off the hook, boss?”

The idea here is to have a desk and make each other horny. Try and hint at hot, angry sex and the employee could be submissive and the boss could play the dominant role.

## 3. The Doctor And Nurse

Who said hospitals can't be fun! You could play the role of a naughty, slutty nurse and a sleazy doctor whose hands end up slipping on the nurse's butt every time he wants to operate.

The scene can get downright sexy and you have the option to play it anyways. The nurse could complain about possible pain in her vagina and the doctor could finger her to see what is amiss.

Once again, it all comes down to your imagination and one thing is for sure, there is no denying that role-playing tends to be a lot of fun!

If you are looking to rev things in bed and you want an exciting sex life ahead of you, we recommend the right level of role-playing and sex games. These are the little things that are sure to bring about a change in your sex drive.

If you haven't ventured in these fields yet, we want you to do so now and see how it feels. There is a very strong possibility that you will love the experience and get hooked to it.





# Chapter 8: Sex Toys

Do you use sex toys? How comfortable are you with buying sex accessories which can help you have an exciting bedroom life? You need to know that there is absolutely nothing wrong with using sex toys. Go to adult sex shops and explore the wide range of products available there. It will open your mind to a world of new possibilities.

Simultaneously, if you do not want to head anywhere, you could simply go to an online store and check out the vast available options. The idea is to open up to the possibility of using these toys and witnessing how it helps you feel the vibe.

So, here are some of the possible reasons as to why you should opt for sex toys.

## Taking the pressure off

There is absolutely no doubt about the fact that using sex toys is sure to take off the pressure from both the partners. Women sometimes find it harder to orgasm and they may need external stimulation to reach their heightened level. In these cases, having the best sex toys could make things easier and pressure off your partner.

Whether or not a woman has experienced an orgasm isn't directly related to her partner's performance. So, feel free to use the best sex toys to forget the right kind of stimulation and thereby enjoy better orgasms.

## Improved quality of sex

With the sex toys, you can explore your insides a lot more and this also creates a deeper and better level of sexual experience. Several women tried sex toys after much hesitation but enjoyed it a great deal on their first attempt. You may also get hooked to them. So, the idea simply is to be ready to explore and to try and seek the best kind of pleasure in it.

Try and involve your partner as much as you can as this will make for a hot, steamy, and passionate night.

You could make smart use of remote-controlled sex toys, remotely operated dildos, nipples clamps, handcuffs and more.

## Mutual masturbation

Have you ever tried mutual masturbation? It is always known to be a massive turn on. When you both are using sex toys, you could sit together and use them to experience masturbation.

This is also advantageous because when you are masturbating in front of your partner, they will be able to see what it is that you like and what it is that turns you on. This information could be vital when you are engaging in sex later on.

Also, men are known to have a thing for watching women masturbate. So, when you use sex toys and push a dildo inside you and climax, your man will get real horny and take you on a long wild ride later.

Great way to live your sexual fantasies

We all have some steamy sexual fantasies that we want to turn to life. So, if you too have some deep, dark, and secret desires, you can try to make those turn true as well. The best way to make it happen is by buying sex toys that can help you live them and thereby enjoy your time to the fullest.

Feel free to play with your imagination and see how it kicks starts the journey of your sexual fantasy turning true.

Using together could help you bond

Many couples have felt that when they go out together to buy sex toys and accessories to spice up the sex game, it helps them bond better and come together. There are many different ways you could feel the heat and passion rise between the two of you, and choosing to buy sex toys might be one such way.

So, there are endless reasons for you to go ahead and buy sex toys. The key thing here is to indulge as much as you are comfortable. Remember, with your partner, there should be no apprehensions whatsoever and you should both be completely transparent with each other.

So, live every sexual fantasy and take things outside your primary zone by choosing to buy the right kind of sex toys and sex accessories. Go to a sex shop and see what they have got for you. Take some things home and experiment as much as you want with it. Every movement is sure to bring both of you closer and help you witness something remarkable.

So, if you are all set to revamp your sex life, one of the smart ways of doing it is by introducing sex toys in your life. You would be amazed at how vast this world is and how much you can foray into it. Buy things one at a time and when you seem hooked to the experience, go all out and buy things that excite the two of you.

Sex toys are known to bring about a massive change in the passion level as they bring in a new dimension to the already existing one. Even when you feel that passion seems to be going out a little, with the right sex toys, you might be able to infuse it one more time. It is all about experimenting and enjoying what the experiment has to offer.

Make sure you try and venture in this territory and note down how good or surreal the whole experience felt. Always be vocal with your partner. Remember that you both should be on the same page.

The moment any of you feel uncomfortable, you should stop using immediately because sex is never about forcing your choices on your partner. It has to be mutual consent and agreement as it is only then that the real fun starts to kick in.

# Chapter 9: Sex Facts Diary

After dealing with so many details, we are now going to shed some light on the best of sex facts. Sometimes, it is these little things that create a sense of passion. While some of them may be downright steamy, some are a great fact to tickle your funny bone.

- On average, every person would have sex 103 times every year. (It's almost like once in every three days!)
- Women on average fantasize 34 times about sex during their workday. Guess it may have to do with the raging hormones.
- As much as 48% of the women are known to have faked an orgasm.
- If you are looking to enjoy the ultimate level of orgasm, too should abstain from all kinds of sexual activity for nearly three weeks. This will boost your testosterone level and you are likely to experience a heightened sense of sex.
- 21% of men have admitted to watching porn while at work. No wonder the industry is still going strong.
- Sex is a great stress buster and can also help you burn off the calories and stay active and fit as well.
- On average, male ejaculation is likely to have 2 to 5 mm of semen. This, in turn, would have anything from 40 to 600 million sperms. To calculate the chances of being knocked up!
- 76% of the men think that not having sex could be physically harmful to them.
- 30 long minutes of sex would burn 200 calories for you

- Having sex once a week could cut down the risk of heart disease by 30% in men
- Female orgasms are long-lasting as compared to men. Females could have orgasms for 20 seconds while men tend to last for 6 short seconds.
- The pain threshold level of an individual ends up increasing significantly while having sex.
- After men, it is lesbians who are known to have the most orgasms
- Nipple orgasms are real and can help women experience a very high level of sexual pleasure
- Apples are known to improve the sexual life of women
- Sex could be a great way to fight the flu and common cold
- French men tend to have the longest penises standing at 6.2 inches while the South Koreans struggle at 3.6 inches. (Women now know the country to head for good hook-ups)
- The use of lube is sure to increase the chances of having an orgasm
- On average, 100 million sexual intercourse acts happen every day on a global scale.
- The couples in Greece are known to have the most active sex life as they do it 164 times a year. Brazil follows close by with 145 times a year. The world average stands at 103.

These are some of the surprising sex facts that would have given you an indication of how important sex is in everyone's life. But, some of us have a misconception that sex is all about getting the penis in the vagina. There is so much more to it.





# Chapter 10: 101 Positions

## Man Trap

This is a variation of the missionary position. The female should lie back on a bed in the missionary position and have the male lay on top. As he begins to thrust, the female can wrap her legs around him and control the speed and pace of sex.

This is great if you just want some simple sex. You can put little twists on the move like arching the back for better stimulation. Wrapping the legs around the male will also get him going a lot faster!

1.

The female should lie on her back in the missionary position – legs open wide and slightly bent.

2.

The male should position himself over the female and face her.

3.

The male can then penetrate the vagina, just as in the ordinary missionary position.

4.

As the male begins thrusting, or when it feels best, the female can wrap her legs around the male and 'trap' him, forcing him closer or allowing some extra room for him to re-position.

5.

Tip: Using a pillow under the female's back can help cause an arch. This will greatly increase pleasure and make things much more comfortable when wrapping her legs around the male.

## Safety Tips

This position can strain the female's lower back, so make sure support is provided by using a pillow or cushion! Be sure to ask whether your partner is comfortable and not in any pain at any point and don't be ashamed if you need to say something because you are uncomfortable!

## The Deckchair

The male should sit on the bed with his legs stretched out and his hands behind him to support his weight. He should lean back and bend his elbows slightly. The female should lie back on a pillow facing him and put her feet up on to his shoulders. She can then move her hips forwards and back and begin having sex.

This is an amazing position for very deep penetration for G-spot stimulation.

1.

The male should sit on a bed with his legs stretched out. He can use his hands behind him to support his weight.

2.

He should then carefully lean back and bend his elbows slightly for further support and control.

3.

The female should then position herself by the male's feet, facing him and laying back on a pillow for support.

4.

Once in position, the female can begin moving closer to the male until her feet are up on his shoulders.

5.

Finally, she can move her hips towards his penis for insertion.

6.

In this position, once penetrated, it is best for the female to be in control and thrust her hips back and forth to get the best control and stimulation.

## Safety Tips

This position can cause a lot of strain on the female's lower back, so make sure support is provided by using a pillow or cushion! Be sure to ask whether your partner is comfortable and not in any pain at any point and don't be ashamed if you need to say something because you are uncomfortable!

### Corridor Cosy

This one can be tricky as you need to be in an enclosed area. The male needs to lean against a wall and shuffle his way towards the floor until his feet touch an opposing wall. The female should climb down on top of his legs, supporting her weight. Her legs should be left dangling and she can begin thrusting.

This is a great one for adventurous and exciting sex!

1.

Find an enclosed area with secure structures such as a thin corridor, hallway, or other appropriate settings.

2.

The male should lean against one side of the wall and lower himself carefully by extending his legs outwards to the opposing wall.

3.

**IMPORTANT:** The male's feet should always remain on the floor and securely in place at the base of the opposing wall.

4.

The female should position herself on top of him and face towards him.

5.

The female can begin lowering herself towards the penis for penetration, using either the walls around her or the male's shoulders for support. The female's legs should be left dangling while she is on top.

6.

Finally, she can begin thrusting back and forth.

7.

Tip: If this position is too taxing on the strength of either the male or the female, consider having the male position himself in a lower position so that the female's legs can reach the floor. She can then use her legs to help support her weight.

### Safety Tips

The male needs to make sure that he can support his partner's weight and that he isn't going to slip and fall to the floor completely. Likewise, the female should support her weight as best she can to avoid potential injury.

### Twister Stalemate

The female should begin by laying on her back with her legs apart. Her partner should kneel on all fours in between her legs. The female should then lift herself, wrapping her arms around his chest for support. She should then slowly bring up her legs so her feet are flat on the bed.

This is a great position for deep penetration and stimulating the G-spot!

1. The female should lie down on her back with her legs apart and slightly bent at the knee.

- 2.

The male should then position himself in-between her legs, facing her and on all fours i.e. on his hands and feet.

3.

The female should then wrap her arms up around the male's chest for support. This will require some strength from the female.

4.

The female can then bend her legs and begin to raise her hips. Her feet should now be flat on the bed.

5.

Finally, she can guide the penis into her vagina for penetration.

### Safety Tips

This position requires some upper body strength from the female. She should make sure to be holding on tightly to her partner as he thrusts.

### The Spider

You should start by facing each other. The female should climb on to her partner's lap and allow penetration. Her legs should be bent on either side of him and the male should be doing the same. The female should lay back first, slowly followed by the male, until both heads are on the bed. Now, move slowly and calmly.

This is a great one for slow sex to enhance stimulation before trying to reach climax – a good one if you have a lot of time.

1.

Both the male and female should begin by sitting on a bed and facing towards each other.

2.

The female should then shuffle forward and sit on her partner's lap.

3.

This is the point where penetration should occur. The female must remain on top of her partner's lap.

4. Once penetrated, the female should slowly lean backwards and bend her back until her head is on the bed. Her arms can then be positioned outwards until comfortable.

5.

The male should repeat this stage, leaning back slowly until his head is on the bed.

6.

The female can then begin thrusting forwards and backwards.

### Safety Tips

This position requires penile flexibility, else there is a risk of the male straining his suspensory ligaments!

If you want to find out if the male's penis is flexible enough, have him stand against a wall. Pull his penis gradually down. If the penis can point directly down to the ground without causing pain then you should be fine to perform this position, but still be careful.

The female should stay still when the male is initially penetrating her and guide the penis to the vagina. The female should wait while he finds the most comfortable position and angle to thrust without injury.

## Speed Bump

The female should lay on her stomach and spread her legs. The male should then enter from behind.

The benefit of this position is that things can heat up and speed up very quickly. It is a great position for getting a little rough or if you're having a quickie!

1.

The female should lay down on her stomach and spread her legs as wide as she can while remaining comfortable.

2.

The male should position himself on top of the female to penetrate from behind, both facing the same way.

3.

Once in the position, the male should use his arms to support his weight while he guides his penis towards her vagina for penetration.

4.

Finally, the male can perform upwards and downwards thrusts.

## Safety Tips

This position can cause a lot of strain on the female's lower back, so make sure support is provided by using a pillow or cushion! Be sure to ask whether your partner is comfortable and not in any pain at any point and don't be ashamed if you need to say something because you are uncomfortable!

## Triumph Arch

The male should sit down with his legs stretched out straight. The female should straddle him with her legs either side and kneel over his penis. Once she has been penetrated, she can lean back until laying down on his legs.

This position can give the female a great orgasm and the male can stimulate her clitoris during sex.

1.

The male should sit down on a bed with his legs stretched out and straight.

2.

The female should straddle over the male, bending her knees until over his penis.

3.

Once in position and penetrated, the female can slowly lean back until she is laying down on his legs.

## Safety Tips

This position requires penile flexibility, else there is a risk of the male straining his suspensory ligaments!

If you want to find out if the male's penis is flexible enough, have him stand against a wall. Pull his penis gradually down. If the penis can point directly down to the ground without causing pain then you should be fine to perform this position, but still be careful.

The female should stay still when the male is initially penetrating her and guide the penis to the vagina. The female should wait while he finds the most comfortable position and angle to thrust without injury.



## The Standing Wheelbarrow

For this position, begin in the doggy style position and have the female rest her forearms on some pillows. Her partner should kneel behind her with one knee bent up to keep himself steady. Once he has penetrated, he should hold her legs and slowly lift her as he stands.

This position is great if you are just experimenting and just having fun! Otherwise, it is a bit difficult and isn't very well rated for sensation.

1.

The female should begin on her hands and knees, facing away from the male (the doggy style position).

2.

The female can lean her upper body down towards the floor and rest her forearms on a pillow.

3.

The male should kneel behind her with one knee bent for extra support.

4.

He can then position himself towards her for penetration from behind.

5.

Finally, the male should grab hold of the female's legs, wherever comfortable and secure, and support her weight as he carefully raises to a standing position.

6.

He can then thrust forward and back.

## Safety Tips

The male should keep his knees slightly bent when thrusting. If either of you feels uncomfortable during the position, you should let the other know

and try something else! This one isn't for you.

### Sultry Saddle

In this position, the male lays down on his back with his legs bent and apart – the standard position when the male is on the bottom. The female should slide herself between his legs, almost at a right angle to his body. For support, one hand should be placed on his chest, the other on his leg.

This position relies on the female rocking back and forth until she can feel him hitting her G-spot. The great thing about this position is that the female is completely in control, so it is one of the better if G-spot stimulation is what you need to reach an orgasm.

1.

The male should lie down on a bed on his back, facing upwards. His legs should be bent at the knee and apart.

2.

The female should position herself over the male on her feet or knees, whichever is most comfortable.

3.

She can then lower herself to allow for penetration.

4.

Once penetrated, the female should place one hand on the male's leg, and the other on his chest for support. She can then use these supports to help

her thrust and control her stimulation.

### Safety Tips

This position can strain the female's lower back, so make sure support is provided by using a pillow or cushion! Be sure to ask whether your partner is comfortable and not in any pain at any point and don't be ashamed if you need to say something because you are uncomfortable!

### The Propeller

The female should lay on her back with her legs straight and together. The male should lie down on top but be facing down towards her feet. Once penetrated, the male should make small motions with his hips instead of thrusting.

This is a very difficult position and takes some practice to master!

1.

The female should lie on her back with her legs straight and together.

2.

The male should position himself on top of her in the 180-missionary position i.e. over the female but be facing her feet. He should, as usual, be using his arms for support to hold his body weight.

3.

The male can then shuffle backwards until he can penetrate the female.

4.

Once penetrated, rather than thrusting back and forth, the male should rotate his hips in small circular motions in a 'propeller'-like movement.

#### Safety Tips

This position requires penile flexibility, else there is a risk of the male straining his suspensory ligaments!

If you want to find out if the male's penis is flexible enough, have him stand against a wall. Pull his penis gradually down. If the penis can point directly down to the ground without causing pain then you should be fine to perform this position, but still be careful.

The female should stay still when the male is initially penetrating her and guide the penis to the vagina. The female should wait while he finds the most comfortable position and angle to thrust without injury.

#### The Lustful Leg

Start by standing close and facing each other. The female should have one leg on the bed and the other on top of the male's shoulder, while wrapping her arms around his back and neck. Then he should carefully penetrate.

Once in position, this is a great move that feels fantastic! It does, however, require some endurance.

1.

Both the male and female should begin by standing up beside a bed and facing one another.

2.

The female should wrap her arms around the male's neck and shoulders for support.

3.

The female can then raise one leg on to the edge of the bed. The other leg can then be raised to the male's shoulder.

4.

Once in position, penetration can take place.

### Safety Tips

This position requires penile flexibility to avoid the risk of the male straining his suspensory ligaments!

If you want to find out if the male's penis is flexible enough, have him stand against a wall. Pull his penis gradually down. If the penis can point directly down to the ground without causing pain then you should be fine to perform this position, but still be careful.

The female should stay still when the male is initially penetrating her and guide the penis to the vagina. The female should wait while he finds the most comfortable position and angle to thrust without injury.

## The Waterfall

The male should sit in a sturdy chair. The female can then climb on top with her legs either side of him. She should lean back until her head is on the floor.

The clitoris is very accessible in this position so is great for stimulation during sex. There is also a lot of friction inside the vagina so this is a great all-rounder for reaching orgasm.

1.

The male should find a secure chair and sit on it.

2.

The female can then position herself facing towards the male with her legs either side of him.

3.

The female should then lower herself on to his penis for penetration.

4.

Once inserted, the male should use his hands to support the female behind her back and bottom.

5.

The female should then slowly lean backwards until her head is on the floor.

6.

While performing step 5 above, the male should take care to support the female's weight however necessary, and the female should take care to move slowly to ensure that the male is not experiencing any strain or discomfort.

#### Safety Tips

This position requires penile flexibility, else there is a risk of the male straining his suspensory ligaments!

If you want to find out if the male's penis is flexible enough, have him stand against a wall. Pull his penis gradually down. If the penis can point directly down to the ground without causing pain then you should be fine to perform this position, but still be careful.

The female should stay still when the male is initially penetrating her and guide the penis to the vagina. The female should wait while he finds the most comfortable position and angle to thrust without injury.

A pillow should also be used on the floor to comfort the female's head during sex.

#### The Challenge

This is a difficult position (hence the name) and shouldn't be attempted unless you are confident and have tried lots of different positions before – it requires strength and flexibility.

The female should stand on a chair and bend her knees until in the sitting position. She should lean forward with her elbows on her knees. The male should then enter her from behind.

This one is hard to master. If it is too hard for you, you could also have the female simply stand on the ground and lean forward on to a chair as shown in the illustration below.

1.

A sturdy and secure chair should be found for this position. It may be useful for the chair to be against a wall.

2.

The female should mount the chair and stand up, facing towards the back of the chair and away from the male.

3.

She should then carefully bend her knees until in a sitting position.

4.

The female should then place her elbows on her knees, and hold on to the back of the chair with her hands.

5.

Finally, once comfortably in position, the male should approach the female from behind for penetration.

### Safety Tips

Make sure the chair is very sturdy and you have good footing. The male should support the female throughout and should have a firm hold of the female's waist to keep her steady.



## The Supernova

For this position, the female should begin on top of the male on a bed or other comfortable place. The male should have his head near the edge. The female should place her feet either side of him and allow penetration by squatting down on his penis. She can then lean back on to her arms behind her.

The female should rock back and forth until she can feel herself reaching climax. When reaching climax, she should lean forward to her knees and shift the male's upper body off the edge of the bed until she reaches orgasm.

This position is all about timing, but if done right can be really fun and give a great orgasm.

1. The male should begin by lying down, facing upwards and with his knees slightly bent and apart. His head should be near the edge of the bed.
2. The female should place her feet on either side of the male's waist and squat down in a straddle position for penetration.

3. The female should then place her hands and arms behind her on the bed and lean backwards. Her arms should be locked and providing most of the support.
4. She can then begin thrusting back and forth.
5. When approaching orgasm, the female should launch her upper body forward and on to her knees. This should slightly shuffle the male's head and upper body off of the bed.
6. Tip: Ensure that the timing is right with the once – it might take some practice. But, once done correctly, this can lead to a fantastic orgasm.

### Pirate's Bounty

This position is great when you and your partner want to go a bit more out there to reach orgasm. It allows for deep penetration and total clitoral stimulation so is amazingly efficient at getting you to an orgasm.

To get in this position, the female should lay down on her back and the male should kneel in front of her. She should place one leg on her partner's shoulder and the other around his thigh. A pillow can also be used under the female's back to provide support.

1.

The female should lie on her back facing upwards towards the ceiling with her legs apart.

2.

The male should kneel in front of her, facing towards her.

3.

The female should place one leg up on the male's shoulder (whichever is most comfortable) and the other leg should remain beside his thigh.

4.

A pillow should be placed under the female's back to provide support and place her in an arch to increase stimulation.

5.

The male should then penetrate the female.

6.

While having sex, either the male or the female can easily stimulate the clitoris for further stimulation. This is best done when the female is approaching orgasm.

### Advanced Doggy Style

This is a simple variation of the traditional doggy style, but with a better chance of achieving an orgasm.

To do this, assume the normal doggy style position and guide the female's head until it is against the bed. Her back should be bent slightly with her bum in the air. Now, place a pillow or blanket under her stomach to rest on. Make sure the female is relaxed. Thrust downwards at a hard and steady pace for several minutes until she reaches orgasm.

1.

Both the male and the female should assume the normal doggy style position - the female should be on her hands and knees, facing away from the male.

2.

The female should allow for a slight inwards arch in her back i.e. she should raise her bottom and chest while allowing her stomach to arch

inwards towards the bed.

3.

A pillow or large blanket should be placed under the female's stomach for her to rest on and she can then lower her upper body closer to the surface of the bed.

4.

Finally, the male can penetrate from behind.

5.

The male should continuous thrust in a firm downwards motion at a steady pace of several minutes. His motion should become faster and harder as the female approaches orgasm.

## G-Spot Missionary

Assume the normal missionary position. Then place the female's legs on to the male's shoulders. A pillow should be placed under her lower back for support and comfort. Slightly push forward until the female's bum lifts off the surface of the bed. Begin thrusting hard at a consistent pace. You can bring yourself closer to her to be more intimate or further away to thrust harder.

1.

The female should lie down on her back, facing upwards with her knees slightly bent and legs apart. A pillow should be placed beneath the female's back to create an arch and provide support.

2.

The male should position himself on top of the female, facing her and using his arms to support his body weight.

3.

The male should penetrate the female just as he would in the ordinary missionary position.

4.

Once inserted, the male should push forward (before thrusting) to slightly raise the female's bottom off the surface of the bed. The female's bottom should remain elevated from the surface of the bed throughout.

5. Finally, the male can begin thrusting at a constant and firm pace.

6.

Throughout this position, the male can slow down his thrust and bring himself closer to the female for intimacy, and lift away from the female for harder and faster thrusts as she approaches orgasm.

## Flatiron

The female should lie face down with her hips slightly elevated. A pillow should be used for support under her stomach. She should spread her legs out and straight. The male should mount her from behind with his legs on the outside of hers and penetrate. This position allows for easy access for anal sex or vaginal intercourse, but limits access to the clitoris so keep that in mind if you need clitoral stimulation.

1.

The female should lie face down on a bed with her hips slightly elevated. Her legs should be comfortably apart.

2.

A pillow should be placed under the female's stomach for support.

3.

The female should now spread her legs further apart and keep them straight.

4.

The male can then position himself on top of the female using his arms for support.

5.

Once in position, the male can penetrate the female virginally or anally and begin thrusting. His legs should be on the outside of the female, but they can remain on the inside if the male finds this uncomfortable.

6.

The male is now in control and can build up to a hard thrust.

### The Sunday Afternoon

This is a much easier position to try when you want to reach an orgasm. It's a great choice for easy access to the clitoris if you need clitoral stimulation to reach climax. It is a variation of an X position, like The Scissors.

The male begins laying on his side and the female on her back. She puts one leg over his outer-side hip and the other wrapped around his lower leg to pull him close. The male gently penetrates and begins thrusting upwards.

1.

The male should lay down on his side beside the female. The female should begin by lying on her back.

2.

The female should then place her outside leg over the outer-hip of the male. The other leg should then wrap around the male's lower leg. At the end of this movement, the female should transition from being on her back to being on her side, facing the male.

3.

The female can then use her legs to bring the male in close and allow for penetration.

4.

The male can then gently begin thrusting towards the female in an upwards motion.

## Mastery

This is a version of the cowgirl position and doesn't ask for too much physical effort from either partner, but give the male easy access to the clitoris and the breasts for stimulation during intercourse.

The male and female should face each other in the cowgirl position, with the female seated on his lap. Her legs should be kneeling outside his. The position allows for couples to get close during sex and lean back for new sensations.

1.

The male and female should assume the cowgirl position. This is achieved by the male lying on his back with his knees slightly bent and his legs slightly apart. The female can then straddle on top of the male's hips.



2.

The female should transition so that she is in the same position, but resting on her knees rather than her feet.

3.

The female should take control of allowing penetration by guiding the male's penis inside of her.

4.

This position allows for a lot of variation depending on how the female is feeling during intercourse. She can lean forwards to come close to the male for intimacy, sit upwards for firmer thrusts or lean backwards using her arms for support when approaching orgasm for G-Spot stimulation.

5.

When leaning back, the male also has very easy access to provide clitoral stimulation.

## Scissors

This is an X position and can be a challenge for those not willing to commit to it. The female should lay down on her back and her partner should enter her from the sides – her clitoris should be up against his top leg.

1.

The female should lie down on her back, facing the ceiling.

2.

The female should ensure that her legs are open wide to allow access by the male.

3.

The male should begin in a sideways position away from the female with his feet in the same place as the female's.

4.

The male can then begin moving towards the female between her legs.

5.

As the male approaches, the female should raise her back and bottom to allow the male's lower leg to be positioned underneath.

6. As the male shuffles closer to the vagina, the female should help by positioning herself closer to allow for penetration – the female's clitoris should be up against the male's outer leg's thigh.

7.

Penetration can now take place.

8.

Once both the male and female are comfortable, both can begin gently thrusting towards each other.

## The Dirty Dangle

Begin by having the female lay down on her back at the foot end of the bed. Have the male mount on top in the missionary position. The female should start moving back little by little until her head, shoulders and arms flay off the back of the bed towards the floor. The excitement of this position can be a new experience for lots of people and encourage orgasm.

1.

The female should lie down on her back at the foot end of a bed.

2.

The male should mount on top of the female in the missionary position, using his arms to support his weight.

3.

Once in position, the female should start shuffling slowly backwards until her head, shoulders and arms flay off the back of the bed towards the floor.

4. Both the male and female should support each other during the above movement to ensure both are secure.

5.

The male can then penetrate and begin thrusting.

6.

The increased blood flow to the female's head aims to provide a greater and more fulfilling orgasm. This can be done before or during intercourse.

## Lazy Male

With this move, there is less thrusting involved and move up and down motions. There is lots of eye contact that can bring you closer to your partner and increase your chance of reaching an orgasm.

For this position, the male should prop his body up with some pillows against a wall or the bed's headboard. Here you can control the rhythm of sex. Have the female sit in the cowgirl position with her legs wrapped around his body and stay up and close.

1.

The male should sit up against a wall or the headboard of a bed, using pillows for support.

2.

The female should position herself above the male's hips and squat down to a straddle position.

3.

The female can then transition into a kneeling straddle position and allow for penetration.

4. The female can then control the rhythm of intercourse as she begins thrusting up and down.

## Face Off

Have the male sit down on the edge of the bed or sofa. The female should sit down on his lap, facing him. From here there should be a lot of friction on the clitoris which is great for reaching orgasm if you need direct clitoral stimulation to reach an orgasm.

1.

The male should find a sturdy bed or sofa and sit towards the edge.

2.

The female should position herself over him with her legs either side and lower herself down on to his lap facing him.

3.

As the female lowers herself, she should reach a kneeling position with her legs either side of the male.

4.

The female can then allow penetration by guiding the penis towards her vagina.

5.

During this position, the female should thrust forwards to increase the friction on her clitoris and achieve the maximum stimulation.

## The OM

For this position, have the male sit down with his legs crossed while the female sits on his lap, facing him. Next, the female should wrap her legs around him and his legs should be wrapped around the back of her, still crossed. Pull each other close together and rock back and forth. You should look each other in the eyes as you climax.

1.

The male should sit down, either on a bed or the floor, with his legs crossed.

2.

The female should position herself over the male and be facing towards him.

3.

The female should wrap her legs around the back of the male's bottom and cross them over behind him.

4.

Penetration can now take place.

5.

Once penetration has been achieved, both males and females can pull each other close and rock and forth.

This is an intimate position and encourages both partners to remain close. The aim is to achieve good eye contact as the female approaches orgasm.

## The Sea Shell

Have the female lay down on her back with her legs raised and out. The male should lie on his stomach on top and be facing her as he penetrates, just like the missionary. The female's legs should be far apart to allow deeper penetration for G-Spot stimulation. It will also allow for some clitoral stimulation as he is on top.

1.

The female should lie down on her back with her legs raised up and apart. She may use her arms flat on the bed to support her or hold on to both legs until the male is in position.

2.

The male should lie down on his stomach and face her, much like the missionary position.

3.

Using his arms to support his weight, the male should guide his penis towards the vagina for penetration.

4.

The female should keep her legs wide apart during intercourse.

5.

Once the male is in position, he can push forward to help keep the female's legs up. She can then use her arms for support by placing them flat on the bed beside her.

## Squat

This is a simple and commonly used position. The male should lay on his back on top of a bed. The female should straddle on top and lower herself slowly, guiding the penis into her vagina.

The female is again in control in this position and should raise herself up and down, using the bed or the male's chest to support herself.

There is a reason that this is one of the most used positions – it's great for sensation! And gives the female a good workout. The male also has quite easy access to the clitoris to help stimulation when reaching orgasm.

1.

The male should lie on his back at the top of a bed, legs only slightly apart and straight.

2.

The female should position herself over his waist and lower herself in a squatting position.

3.

Once in position, she should guide the penis inside of her.

4.

Once inserted, the female can raise herself up and down at her decided pace.

5.

The female should be squatting with her feet on the bed in this position i.e. not on her knees.

One Up

This is an oral sex position. The female should lay on a bed with her rear close to the edge. She should raise one of her legs and hold it in position by wrapping it around her thigh. The male should kneel between her legs and get down on her!

1.

The female should lie down on a bed with her bottom very close to the edge.

2.

The female should then raise one of her legs into the air and wrap her foot around her other thigh.

3.

The male can then kneel on the floor facing towards her. The male should grab hold of the female's body and engage in oral sex.

4.

During this position, the female can shift her bodyweight to dictate where the male stimulates her.

This is great foreplay before sex.

## Face to Face

In this position, you should sit opposite your partner and the female should slide herself on to the male's lap and sit on top of him. She should wrap her legs around his body until they are touching behind him. The male should then do the same and cradle her bum. Rock back and forth together and get close!



1.

Both the male and female should sit opposite each other and face towards one another.

2.

The male should cross his legs and allow the female to shift on top and sit on his lap.

3.

The female should wrap her legs around the male until her feet are touching behind him. She can then allow for penetration.

4.

Once inserted, the male should also wrap his legs around the female and cradle her bum.

5.

Both the male and female should now rock back and forth for intimate and close intercourse.

This is a great one for getting intimate – it is a slow pace and is great for stimulation building up to an orgasm. There is also a lot of clitoral stimulation during this one.

## The Stand-Up

The female should turn and face a wall several feet away with her bum slightly suck out. The wall should be used as support. The male should then gently insert his penis – he can bend his knees to lower himself if there is difficulty finding access!

1.

The female should turn and face a wall several feet away from her.

2.

The female should lean forwards and rest her forearms against the wall for support. Her bottom should be slightly tucked out.

3.

The female may slightly bend her knees for additional comfort if necessary.

4.

The male should approach the female from behind. He should grab hold of her waist and slowly penetrate. The male may also find that he needs to slightly bend his knees before penetrating if there is difficulty getting access from behind.

5.

The male can then thrust back and forth. He may hold on to the waist of the female. He may also hold on to her shoulders with his arms straight. If so, the female should slightly arch her back inwards.

The great thing about this is that the female can thrust backwards as the male thrust forwards so you can both control the speed of things!

## Hobby Horse

This position requires a chair. Make sure it is reliable and strong.

The male should lay back down on the chair, keeping his body parallel to the ground. The female can then saddle up facing away from him and with her feet on his knees.

1.

The male should lie with his back down across the body of a chair. He may use his arms to support him by placing his hand firmly on the floor. His feet should be firmly on the floor.

2.

The female should then position herself with her legs either side of the male's waist (facing away from him) and squat to allow penetration.

3.

The female should then lean back and rest her hands on either the male's chest area or the chair's edges.

4.

Finally, the female should bend her knees and lift her legs so that her feet are resting on the male's knees.

5.

The female can then thrust back and forth to engage in intercourse.

6.

Once the female is in position, instead of keeping his hands on the floor, the male may grasp the female's waist/ breasts for support and stimulation.

This move requires a lot of core strength from the male to hold the position but is a fun one where the female is in control.

### The Elevator – Practice Makes Perfect

This is an oral sex position so is great for foreplay.

The male should be standing and the female kneeling in front. This is a basic oral sex position. Be sure to mix up the speed during oral sex to make the experience better for the male.

1.

The male should start by getting into a standing position.

2.

The female should then kneel in front of him, facing him.

3.

The female can then engage in oral sex.

4.

The is a very versatile position and the female is free to alter the speed and sensations she provides the male during oral sex. She may also use her hands while doing so.

5.

Alternatively, the male may thrust towards the mouth of the female while she holds her head steady. She may also benefit from the male using his hands to help hold her head in place.

The more you practice, the better you get!

## Carpet Burn

In this position, the male should be kneeling on a carpet, bringing one knee in front of him. The female should then kneel in front of him and move to allow him to penetrate her. She should use his body for support and both can begin to thrust.

1.

The male should kneel on a carpet with one knee bent out in front of him.

2.

The female should kneel in front of the male, facing him. The female should also have one knee bent out in front of her but this must be the opposite knee to the male.

3.

The female should then shuffle towards the male and slot herself between his knees; her bent knee outside of his knee, and her knee on the floor inside his bent knee.

4.

Once in position, she may allow penetration and both can thrust towards one another.

BEWARE OF CARPET BURN. The name says it all although that's where the excitement comes from!

### The Lotus Blossom

The male should go first, sitting with crossed legs. The female straddles on top and wraps her legs around him tightly. She can begin moving once he has penetrated, and he can help by raising her up and down.

1.

The male should begin by sitting with his legs crossed.

2.

The female should then sit on his lap and allow penetration while facing towards him.

3.

The female should then very tightly wrap her legs around the male.

4.

Once in position, the male should place his hands underneath the female's bottom and help raise her firmly up and down, pulling her towards him back down.

In this position, the male has easy access to the female's upper body so is great for kissing and being intimate. Just make sure you are both comfortable before you begin!

### Bridge

The male should lay across two sturdy objects with his body hanging between them. The female should sit on top of him from the side. She should then slowly bring one of her legs up and over so that she is now facing outwards to the side of her partner.

1.

The male should lay across two sturdy objects (such as two fixed countertops) and allow his body to hang between them. The male should face upwards towards the ceiling and may require pillows/ blankets for comfort on his shoulders and legs.

2.

The female should mount on top of the male with her legs either side of his waist.

3.

The female can then allow penetration.

4.

The female should slowly raise one of her legs, using the male's body for support, and bring her leg over to the side so that she is now facing sideways from the male. It may help to imagine sitting on a park bench looking outwards.

5.

Finally, once in position, the female can begin rocking gently or rotating her hips in a circular motion.

## Golden Arch

In this position, have the male sit down with his legs straight, leaning back supporting his weight with his arms out behind him. The female should then sit on top of him and slide herself on to the penis, carefully. She should then

bend her knees with her feet situated behind him and begin rocking back and forth.

1.

The male should sit down with his legs out straight.

2.

The male should lean backwards with his arms out straight behind him for support.

3.

The female should then position herself above the male's waist and squat down for penetration. Once penetrated, she should lean back with her arms straight out behind her for support.

4.

Finally, the female should position her legs behind the male by bending her knees and placing her feet towards where his hands are situated on the bed.

5.

Once in position, the female can begin rocking back and forth.

This is a great position as you can both see each other's bodies and have complete control over the speed and depth of penetration.

## Spin Cycle

This is a fun one! The male should sit on top of a washing machine with the setting that makes the most vibration. The female should saddle up on top of him, facing away and help him access the vagina.

1.

First, the male should sit on top of a washing machine. The washing machine should have a load on already when trying this position!

2.

The female should position herself by standing in front of the male and facing away from him.

3.

The female can then begin moving backwards until she can saddle up on top of the male.

4.

The female should help guide the penis in for penetration.

5.

The male may use one arm behind him on the washing machine for support, and the other can be used to stimulate the clitoris. Alternatively, both arms can be placed behind for support.

This position gives deep penetration with the added benefit of vibrations from the washing machine! This will quickly bring you both to orgasm. If nothing else, the excitement of having sex outside of the bedroom is a great benefit in itself!

## Female on Top

The male should lay down on his back with his legs out in front of him. The female should then climb on top and let him penetrate her. She can then lean back to hold on to his ankles or come forward to get close and intimate.

1.

The male should lie down on his back with his legs out in front of him.

2.

The female should position herself above the male's waist and squat down for penetration. At this point, the female should transition from the squatting position to kneeling with one leg or the male. She should be facing towards him.

3.

Once in position, the female is free to come close, sit up or lean back and place her hands on the male's feet for support and control. If she does so, she will easily be able to stimulate her clitoris herself.

This is a good one for the female as she is in control of everything. He can also have a great view of her body during sex.



## The Manhandle

For this position, the female should stand in front of the male and face away in a position that provides easy access for penetration. The male should then enter her (this is usually easiest when the female is bent over). She should then slowly straighten up, making sure that the penis remains inside her. When you are both ready and comfortable, start thrusting.

1.

The female must start by standing in front of the male but facing away from him.

2.

The female should then bend over slightly with her bottom outwards.

3.

The male can then approach from behind for penetration, holding on to the female's waist for support.

4.

Once inserted, the female should begin slowly standing up straighter.

5.

The male can then begin thrusting.

6.

The male can have easy access to kiss the female's neck and stimulate both the breasts and the clitoris in this position. The female can also reach behind and grab the male's head to bring it forward for kissing and getting intimate.

The benefit of this position is that it can be done anytime, anywhere! With or without furniture. Inside or out. It is great on if you can reach orgasm through different types of stimulation.

## Crossed Keys

The female should lay down with her bum near the edge of the bed. She should cross her legs and raise them into the air. The male should then stand in front and penetrate her. He can then play with her legs during sex, crossing and uncrossing them to change things.

1.

The female should sit on the edge of a bed with her feet on the floor.

2.

The female should then lean right back until she is laid on the bed.

3.

Now, the female can raise her legs and cross them. Her legs should be lifted right up into the air causing a slight elevation of her bottom.

4.

The male can now approach from her front for penetration. He should hold the female's legs while doing so.

5.

Finally, while having intercourse, the male should play around with her legs, crossing and uncrossing them when he pleases for different sensations.

This position can offer alterations quickly during sex to change the depth of penetration and offer different sensation. This one feels great.

## Melody Maker

You will need a chair or something similar to start this position. First, the female should sit on the chair and lean back to point her head downwards. The male should then kneel between her legs and penetrate the vagina. He should hold her hands to offer support if she needs it.

1.

The female should sit down on a chair.

2.

She should then lean right back until her head is pointing downwards (this might take some core strength!).

3.

The male should then kneel and approach her for penetration.

4.

Once inserted, it is best to hold on to each other's hand for support and intimacy. This will also maintain stability when things get going.

The idea behind this position is that it increases the blood rush so the female can have an incredible orgasm!

### The Peg

The male should begin by laying on his side. His legs should be stretched. The female can then curl on to her side in the opposite direction so that her head is top and tail with his. She should bring her knees up to her chest and put her legs around outside his. He can then penetrate her.

1.

The male should lay down on his side on a bed with his legs stretched out straight.

2.

She should also lay down on her side in the same position. However, the female's head should be where the male's feet are and she should be facing him.

3.

Finally, the female should curl up by bringing her knees up to her chest.

4.

From this position, the male should penetrate and slowly begin thrusting.

This does seem confusing, but once you try it, it will make a lot more sense and you will soon be able to get in position in no time!

## Galloping Horse

The male should sit on a chair and stretch out his legs. The female should sit on top of him and slide down on to his penis. Her legs should be stretched out behind him. He should hold on to her arms to allow her to lean back. The female can then bring herself forward and back during sex.

1.

The male should sit on a sturdy chair with his legs stretched out straight.

2.

The female should position herself over the male facing him. She can then lower herself on to his penis for insertion.

3.

Once inserted, the male should hold on to the female's hands in a firm grip.

4.

Finally, the female should extend her legs out behind the male and the chair. She can then lean right back and begin thrusting back and forth.

5.

Ensure that both partners are always holding on to one another's hands as the female is leaning back! She can also use this grip to launch herself forward as she reaches orgasm and wrap her arms around his shoulders for intimacy and support.

This position can offer the male a great view while also giving the female deep penetration. This one is a win/ win position.

## Edge of Heaven

The male should begin by sitting on the edge of a bed or a chair. His feet should be down on the floor. The female would then climb on top of his lap

with her legs either side of him. You can hold each other's hands for support and stop you from falling backwards.

1.

The male should begin by sitting on the edge of a bed or a chair.

2.

The male's feet should be down on the floor.

3.

The female can now, while facing him, mount herself on the male's lap with her legs flaying out either side of him.

4.

Both partners should hold each other's hands for support so that neither fall backwards.

5.

Alternatively, the female can hold on to the male's shoulders while he places his hands behind him to support his weight.

In this position, both partners can move as slowly or as quickly as you like. It is a great one for deep penetration and G-spot stimulation. It is also a good one for staying in sync with your partner as you are both supporting each other.

## Reverse Spoons

Lay in bed with your partner and both face the same way. He can then spoon her from behind and can begin thrusting. This is a simple position that is good for intimate sex.

1.

The female should begin by laying on her side slightly curled up so that she does not lose balance.

2.

The male should assume the same position from behind. Both the male and female should be facing the same way.

3.

Once in position, the male can penetrate the female from behind. It may be helpful if the female raises her outer leg while he penetrates.

4.

Once inserted, the male can begin thrusting. The female can also thrust back towards the male.

## Good Spread

The male should lay down on his back. The female should then sit on top of him and slide down on to his penis, slowly starting to spread her legs as wide as she can.

The female is in control in this position – the wider her legs are the deeper the penetration will be.

1.

The male should lie down on his back with his legs slightly apart and bent.

2.

The female should position herself over the male's waist facing him. She can then squat down to allow for penetration.

3.

The female should lean back slightly using her arms for support either on the bed or on the male's legs.

4.

Finally, the female should open her legs as wide as possible for deeper penetration and a great view for the male.

### The Bullet

The female should lay face up on a bed and have her legs going straight up at a right angle to her body. The partner should kneel behind and start to thrust, using the upright legs as leverage. He can push the legs close together to get a better sensation inside of you, or further apart for deeper penetration.

1.

The female should start by lying flat down on a bed facing the ceiling.

2.

She should raise her legs to a right angle from her body.

3.

The male should then position himself in front of the female on his knees.

4.

The male can then shuffle forward for penetration. It may be easier if the female slightly lifts her bottom while this happens.

5.

Finally, the male can begin thrusting.

6. While having intercourse, the male can use the female's upwards legs as leverage to get harder thrusts. He can also close her legs together while they are in the air to get a better sensation himself.

A general rule of thumb – the wider the legs, the deeper the penetration; the tighter the legs, the better the sensation for the male!

### Kneeling Dog

The female should get down on her hands and knees and lean forward on to her arms. The male can get behind in the doggy position and the female can sit back on to his lap.

1.

The female should begin by getting down on her hands and knees on a bed or the floor.

2.

She should then lower her arms so that she is bent down closer to the floor. Her bottom should remain in the same position up in the air.

3.

The female should slightly arch her back inwards ensuring that her bottom remains up.

4.

The male can now kneel behind her and approach her for penetration.

5.

Once inserted, the female can slowly lift her body back up until she is kneeling on his lap and begin thrusting back and forth. The male has very good access for breast and clitoral stimulation in this position.

Alternatively, the female can remain with her body close to the floor and thrust in an upwards and downwards motion. It's best to mix up to two different variations during sex!

This is a great one for the male and will get him going! It also allows for great penetration and friction with the vagina so is one of the best! You might want to write this one down...

### Back Breaker



The female should lay on a bed with her legs off the edge as well as her bum. The male should kneel and penetrate. The female can then arch her back. The male can then thrust.

1.

The female should start by sitting on the edge of a bed.

2.

Next, she needs to lie right back so that her head is on the bed. A pillow should be placed under her back to create an arch.

3.

The female should now shuffle forward slightly so that her bottom is now off the edge of the bed.

4.

The male should now kneel on the floor facing her. He can now grab hold of the female's bottom and penetrate.

5.

The male can now thrust and should keep his hands on the female's bottom. In this position, the male can hold on to the female's bum while having sex or a pillow can be used to support underneath it. The arch in the female's back is key to enhancing the orgasm – it can be very easy to hit the G-spot by only making small changes in the back's position.

## Pretzel Dip

The female should lay on her side and have her partner straddle the leg on the bed. The other leg should wrap around his waist.

1.

The female should begin by lying down on her side on a bed.

2.

The female should raise her outer leg into the air while the male gets into position.

3.

The male should kneel over the female's leg (the leg which is still on the bed).

4.

The male should then shuffle forward until close to the female's waist.

5.

The female should then wrap her leg (the leg in the air) around the front of the male's waist.

6.

The male should then grab the leg and lift it until he can penetrate.

7.

The male should keep hold of this leg as he begins thrusting.

## G-Spot

The female should begin by lying on her stomach and then transitioning to face sideways in one direction. She can then bend her legs at the knee to support herself and keep balance. The male should approach her from behind on his knees for penetration. Once inserted, he may hold on to her waist while thrusting for harder and faster sex.

1.

The female should start getting into a sideways position. She can bend her legs for support and balance.

2.

Once in position, the male should kneel behind her and approach for penetration. It may help if the female opens her legs slightly for easier access.

3.

Once inserted, the female can close her legs and the male can hold on to her hips while he thrusts.

This one is designed to hit the G-spot! So, keep that in mind! The male does all of the work in this position and it is designed for stimulating the female orgasm so enjoy!

This is also a great position when you want to start with one thing and end with another. For example, it's very easy to transition from this position to missionary or even doggy style during sex.

## Slippery Nipple

The male should sit upright as the female lies flat on her back. She should place her legs either side of the male and inch forward. He can then do all the work during sex. The female can lie back and enjoy.

1.

The female should begin by lying down on her back facing the ceiling.

2.

The female should spread her legs wide and bend them at the knee with her feet flat.

3.

The male should kneel in front.

4.

The female should inch forward towards the male until he can penetrate her.

5.

Once inserted, the male has full control to lean back, but can lean right forward into a lowered missionary position and stimulate the nipples with his mouth.

### The Clasp

The male should begin by standing up. The female can wrap herself around his waist and he can hold her up by placing his hands on her back and bum. Allow careful penetration and the female can raise herself up and down while the male carries her.

1.

This is a standing position and requires upper body strength. The male should begin by standing up. It may help for him to stand against a wall, to begin with.

2.

The female should approach him facing towards him.

3.

The female should wrap her arms around the male's shoulders and he should grab hold of her behind her back and under her bottom.

4.

Simultaneously, the female should lift off the ground and the male should help lift her up and above his waist.

5.

The male should then carefully lower the female to his penis for penetration ensuring that he is still supporting her back and bottom.

6.

Once inserted, both the male and female should help intercourse by supporting the female moving in an up and downward thrust.

If you are struggling with this position, it can be done against a wall rather than away from it. This way, the wall can support a significant portion of the female's weight and firmer thrusts can take place.

This is another position which can be done anywhere. It may require some upper body strength from the male – it can be quite hard to hold someone up for very long! It may be helpful if the female leans back against a wall or something else to support her during sex.

### Reverse Cowgirl

This is a popular classic. The male should lay down flat on his back and the female should straddle on top of him, facing away instead of towards his face. The female can then move back and forth in complete control of the pace of sex.

1.

The male should lie down on a bed facing upwards. His legs should be slightly bent and slightly apart.

2.

The female should position herself over the male's waist and face away from him towards his feet.

3.

The female can kneel with one leg on either side of the male's waist. She can then allow for penetration.

4.

Once inserted, the female can begin thrusting back and forth.

The control from this is a great one for women and is often a popular position – some women find that they can't finish until they are on top and in control. The male benefits from having to do little work and gets a great view from behind. This can be quite a turn on.

### Tight Squeeze

This is a position for adventurous sex and is best done somewhere other than the bedroom.

The female should sit down somewhere and wrap her legs around her partner and 'tight squeeze'. The male should be standing, and the female's arms can wrap around him for support. This allows for close and intimate sex wherever you are.

1.

The female should find somewhere sturdy and secure to sit up on to such as a kitchen countertop or a table.

2.

The female should then shuffle close to the edge and open her legs. She may find it useful to position her hands behind her for support at this stage.

3.

The male can then approach from the front and position himself between her legs for penetration.

4.

Once inserted, the female should wrap her legs tightly around the male's body and squeeze, bringing him close.

5.

The female can now finally also wrap her arms around the male's neck and shoulders.

6.

Finally, although the male is in control during intercourse, the female is in a great position to influence the male's thrusts and movements.

## Lust and Thrust

The female should lay down on her back off the edge of the bed with her feet on the floor. She should raise her body and support herself on her arms with elbows bent. The partner should stand in front for penetration and lean down with his arms on either side of her body.

1.

The female should lie down on her back on a bed with her bottom and legs off the edge of the bed.

2.

The female should raise her body from the bottom down by positioning her elbows on the bed to support her and use her arms to lift.

3.

The male should now position himself in front of the female and penetrate the female.

4.

Finally, the male should lean forward and position his arms either side of the female's body during intercourse.

5.

Alternatively, the male may remain standing and hold on to the female's waist while thrusting.

This position is great for getting close and intimate during sex without compromising thrust or pace. There is minimal work for the female to do during this position and both partners are well supported and secured.

### Afternoon Delight

The female should lay on her side and slightly raise her outer leg to allow easier access. The male should penetrate from the side. Once inserted, the female can relax and lower her outer leg back down to the resting position.

1.

The female should begin by lying down on her side. She should maintain a slight bend in her legs at the knee.

2.

The female should slightly raise her outer leg to allow easier access for penetration. It may be useful for the female to use her hands to help support her leg while in the air.

3.

The male should approach from behind the female and shuffle into position for penetration.

4.

Once inserted, the female can relax her outer leg and lower is back to the resting position.

5.

The male is then free to thrust gently.

This is a good lazy position when you want to have sex, but don't have much energy!



## Half on, Half off

The female should start by laying on a bed, legs off the end. The male can then stand and penetrate while the female wraps her legs around his.

1.

The female should begin by lying down on the edge of the bed. Her legs should be hanging off the edge.

2. The female should open her legs outwards to allow access for the male.

3.

The male can now approach from the front and position himself for penetration.

4.

Once inserted, the female should lift her legs and wrap them around the males before having sex. If the bed is low, the male can kneel instead.

This is a good one for reaching the G-spot without having to do too much work!

## The Ship

The male should lay down on his back. The female should then sit down on his penis and face sideways so that both legs are over on one side of his body.

1.

The male should begin by lying down in the basic position on a bed i.e. facing upwards, legs slightly bent and apart.

2.

The female should now position herself above the waist. However, she should face to the side of the male and both feet should be next to each other on only one side of the male.

3.

The female can down lower herself to allow for penetration.

4.

Both of the female's legs should now be on one side of the male's body. The female may now position her hands behind her on the opposite side of the male's body.

This is a position where the female is in control and can be good if she needs to be on top to finish.

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The female should begin by lying face down on the bed. She should move closer to the edge so that her head and upper body hang off the bed towards to floor, using her hands for support. The male can then penetrate.

1.

The female should begin by lying face down on a bed.

2.

The female should now shuffle towards the edge of the bed and position herself so that her head and upper body completely hang off the edge. She may need to use her hands and arms to support her weight on the floor.

3.

The male should kneel now behind the female to penetrate from behind. This is best done from a kneeling position behind her with legs either side of the female.

4.

The male can now penetrate.

5.

The male should help support the female's body while she is hanging off the bed. This can be done by firmly holding on to the female's waist, or by having the male hold on to the female's hands and pulling them back. This is best for when things get rough!

Again, this position is designed for the ultimate orgasm with an increased blood flow to the head and all the effort being done by the male.

## The Cat

The male lies down on top of the female in the missionary position. He then penetrates her as much as he can, bringing his body up against hers. Instead of thrusting, he can then move his hips in small circles to stimulate the clitoris with the bottom of his penis.

1.

The female should begin by lying down face up on a bed with her legs slightly bent and apart.

2.

The male should now position himself on top in the missionary position.

3.

The male can now penetrate.

4.

Once inserted, the male can push upwards into the female's body so that he is positioned slightly further to cause more stimulation on the clitoris.

5.

Finally, instead of thrusting, the male should rotate his hips in a circular motion to cause more friction on the clitoris and increase stimulation.

This is great for women who need clitoral stimulation to orgasm. Just make sure both of you are comfortable in the position. It is very easy to switch between the standard missionary position and this position, so try mixing it up!

## Closed for Business

This is an oral sex position. The female should lay down on her back with her legs 'closed for business'. The male can then go down on her.

1.

The female should lie down on her back and face upwards. Her legs should remain closed and together, but completely straight.

2.

Secondly, the female should raise her hips into the air and position her feet behind her head as shown in the illustration.

3.

The male can now kneel over her legs, facing her.

4.

The male can now lean forward and begin having oral sex with the female. This position emphasises clitoral stimulation.

## Happy Birthday!

The male should lie down on a bed with his feet on the floor. The female should get on top with her legs and guide his penis into her vagina.

1.

The male should lie down on a bed but ensure that his feet remain on the floor.

2.

The female should now position herself over the male's waist and face him.

3.

The female can now lower herself down to allow for penetration. Once inserted, the female should assume a kneeling position with one leg or the male's.

4.

The female can now begin thrusting back and forth or, if she leans forward towards the male's chest, she can thrust up and down.

The best part about this is that the female is in overall control, but the male can use his legs to help thrust and get faster when reaching climax. He also gets a great view.

### Organ Grinder

The female should lie on her back with her legs apart and raise them into the air. The partner should kneel down and forward between her legs. He can then hold the legs up as he thrusts.

1.

The female should lie on her back with her legs apart and bent. The female should raise her legs into the air. She may find it helpful to use her hands to support her legs up in this position until the male is in position.

2.

The male can now kneel in front of the female and move forward between her legs.

3.

The male can now penetrate the female.

4.

Once inserted, the male should hold on to the female's legs and keep them up in the air while he thrusts. By holding the female's thighs, the male can use her legs to help him provide firmer thrusts.

This is a great one for reaching the G-spot and finishing sex.

## The Mermaid

Find a flat surface and have the female lay down facing up with her bum at the edge. A pillow or something similar should be used to raise the hips safely and comfortably. The female should raise her legs above and keep them closed. The male can then stand and penetrate – he can hold on to her legs to keep them secured.

1.

The female should find a flat surface such as a bed, kitchen countertop or table. A pillow can be used for comfort and support.

2.

The female should raise her legs right up into the air as a 90-degree angle to her body. She should keep them closed and keep her feet together. She may use her hand to support her legs in this position until the male is in position.

3.

The male can now approach from the front in a standing position and penetrate the female.

4.

The male should hold on to the legs and keep them in the air and together.

5.

The female can now place her hands by her side for support. Alternatively, she can place her elbows behind her and support herself from this position. Again, keeping the legs together will cause a greater sensation for the male where there is more rubbing on the inside of the vagina. The elevation is used to make it easier to hit the G-spot.

## Pretzel

The female should lay on her side, have her partner straddle her leg and bring the other leg around his waist. This gives good penetration and the male will have his hands free for clitoral stimulation or support if needed.

1.

The female should lie down on her side. Her legs should be straight at this point.

2.

The male should kneel over the lower leg and lift the female's outer leg while he approaches for penetration.

3.

This leg outer leg should now be wrapped around the front of the male's waist.

4.

The male can now penetrate.

5.

Once inserted, the male may use his hands for support or he may stimulate the clitoris.

### Back Breaker

The female should lie on the bed with her legs hanging off the edge. She should shift her bum forward until it is also just off the edge. The male should kneel in front of her and penetrate. The female can push up with her toes and arch her back. The male can then hold up her bum and thrust.

1.

The female should begin by lying down on a bed with her legs off the edge and her feet. She should be facing upwards.

2.

The male should approach from the front for penetration.

3.

Once inserted, the female should use her feet to push her body upwards and cause an arch in her back.

4.

When arched, the male should grab hold of the females bottom to help her maintain the position and begin thrusting.

This position requires most effort to be done by the male, but having the female push with her toes and change the arch in her back can make it much easier to hit the G-spot.

### The Bumper Car

This is a thrilling sex position which allows for deep penetration. This is great if you require G-spot stimulation to reach orgasm. Again, this position requires penile flexibility, so make sure the male is comfortable with the position.

Start with the female laying down on her stomach with her legs wide open and straight out. The male should then lie down on his stomach, with his legs open and straight out. He must be facing in the opposite direction. Afterwards, the male reverses back towards his partner so his thighs are resting over hers. He needs to do this until he can point his penis towards his partner's vagina. Then penetrate slowly.

1.

The female should lie down on her stomach facing downwards. Her legs should be open as wide as comfortably possible and straight.

2.

The male should position himself facing away from the female by her feet.

3.

The male should also lie down on his stomach, legs open wide and straight.

4.



Once in position, the male should slowly begin moving backwards so that his thighs rest over the female's.

5.

From this point, the male should focus on guiding his penis towards the vagina and penetrate slowly, ensuring that both partners are comfortable.

6.

Once inserted, the male can begin thrusting back and forth.

### Safety Tips

This position requires penile flexibility. If you want to find out if the male's penis is flexible enough, have him stand against a wall. Pull his penis gradually down. If the penis can point directly down to the ground without causing pain then you should be fine to perform this position, but still be careful. The female should stay still when the male is initially penetrating her. The female should wait while he finds the most comfortable position and angle to thrust without injury.

### Butter Churner

For this position, the female should lay on her back and bring her feet over her head so that the bum is up in the air. The male should stand over and squat up and down, coming completely out of the vagina.

1.

The female should lie down on her back.

2.

The female should bring her legs right up so that her bottom is in the air and bring her feet back over her head.

3.

The male should now stand in front of the female with his feet by her bottom.

4.

The male should now squat down for penetration.

5.

Once inserted, the male should continue squatting up and down, penetrating and re-penetrating the female.

This position will feel like the male is penetrating for the first time every time he penetrates which can be satisfying.

### Kneel and Sit

The male should kneel on a bed and the female should straddle him with her legs either side. The female has to control and choice in this position – sit, grind or move up and down. It's up to you!

1.

The male should begin by kneeling on a bed or anywhere else that seems comfortable.

2.

The female should approach the male from the front and straddle his lap with one leg on either side of the male. The female should be on her feet rather than on her knees and be facing away from the male.

3.

The female can then position herself to allow for penetration.

The male has good access to the female's upper body in this position.

### Wraparound

The male should sit on a floor with his legs out. The female should straddle and wrap her legs around him and carefully allow him to penetrate her.

1.

The male should sit down on the floor with his legs out in front of him.

2.

The female should position herself above the male, facing him and with one foot either side of the male's legs.

3.

The female can now lower herself to allow for penetration.

4.

Once inserted, the female should wrap her legs around the back of the male.

5.

For support, the male can either wrap his arms around the female or lean back on his arms.

This position is great as it gives some control back to the male. You can stay close and kiss while having sex without compromising the amount of penetration.

## The Landslide

The female should begin by laying down looking at the floor. She should rest upon her forearms with her legs apart. The partner should sit behind and over her legs, also leaning back on his arms behind him. He should then penetrate and begin having sex.

1.

The female should start by lying face down on the floor.

2.

The female places her forearms below her chest and rest on them. Her legs should also be apart at this point.

3.

The male should then sit behind the female on his knees. His legs should be over hers and on both sides i.e. outside of her legs.

4.

The male can now position himself to allow for penetration.

5.

Once inserted, the male should lean back on his hands with his arms stretched out behind him.

By having the female close her legs, the male will feel fuller inside and it is much easier to find the G-spot.

## Lap

This is a simple position. The male should sit up, using a wall or headboard to support him. The female sits on top and both can rock together.

1.

The male should sit up in front of a wall or a headboard with his legs crossed.

2.

The female can now position herself facing towards the male and above his lap.

3.

The female should now lower herself in a squat to allow for penetration. She can remain with her feet on the floor or her knees.

4.

Once inserted, the female is in control and can rock back and forth.

This is a good position for a long sex session.

## Home Fitness

In this position, both the male and female get into the push-up position. The female should be on the bottom and can use her knees to support. The male penetrates her from behind. This is a **VERY** exhausting position but can be worth the effort!

1.

The female should begin by getting into a press-up position. She may find it easier to rest on her knees.

2.

The male should position himself over the female in the press-up position.

3.

The male should carefully penetrate the female – he may use one of his arms to help penetrate if he has the strength to hold up his weight on one arm.

## Shoulder Stand

The female should start by being on her back and the male should kneel in front. She should wrap her legs around and allow him to penetrate. He supports her with one hand on her back and she can then shift all her weight onto her shoulders. He can now thrust.

1.

The female should begin by lying down on her back with her legs open and slightly bent.

2.

The male should kneel in front of the female and move towards her to allow for penetration.

3.

Once inserted, the female should wrap her legs tightly around the male's back and bottom.

4.

The male should now place either one or both hands on the female's back to support her.

5.

The female can now lift her back until her shoulders support all of her weight. She should maintain this arch position throughout intercourse. To be secure and safe, the male should always provide support to the female.

This position allows for very deep penetration and incredible orgasms.

## Dinner Time

The female should sit on a sofa on the edge. The partner should kneel in front and be between her legs. He can hold her thighs to get some more control as he engages in oral sex.

1.

The female should sit straight up on the edge of a sofa. Alternatively, she can lean back flat.

2.

The male should kneel in front of the female and take hold of her thighs.

3.

The male should spread the female's legs wide and engage in oral sex.

4.

The female should relax her legs so that the male has full control of their position throughout oral sex. If she resists or has impulses, the male should restrain her from moving – he is in control!

### Face Sitter

This is an oral sex position – the name says it all here!

The male should lay down on his back. The female should lower herself above his face. Do NOT put all your weight down – the female should support herself using a wall or the bed. The female is in complete control of where his tongue is going.

1.

The male should lack down on his back.

2.

The female should position herself over the male's head facing either way.

3.

The female can now squat down until the male can begin oral sex.

4.

The female must remember to support all of her weight throughout this position. She is in total control of how the male's mouth is positioned and what it does.

### The Thigh Master

This position is a variation of the cowgirl position. To begin with, the female should be on top facing away from the male. The male's knees should be raised to give the female something to support her.

1.

The male should lie down in his back with his legs apart and slightly bent.

2.

The female should position herself above his waist and face towards him.

3.

The female can now kneel with one leg either side of the male to allow for penetration.

4.

Once inserted, the male should bend his legs further while keeping his feet firmly flat.

5.

The female should rest back against the male's bent legs as she uses her hips only to thrust back and forth.

Being on top is generally great for the female orgasm, but having the male's knees up will make his sensation better inside the female and you can both have a better orgasm together.

## The Staircase

The female should sit on some stairs with her back leaning against one of the walls. The male should be standing a bit further down. The female should lift one leg up as the male penetrates her. He can then begin thrusting.

Just make sure no one else is around!

1. Locate an appropriate staircase!

2.

Have the female sit on the staircase several steps up from the male. This will depend on both partners' height so you may need to find what is most comfortable for you both.



3.

The female should lift one of her legs onto the male's shoulders and rest there throughout this position.

4.

The male can then penetrate, use the female's raised leg for support, and aid with firmer thrusts.

### Kneeling Wheelbarrow

This one is easier than the one we tried earlier! The female starts on all fours, putting her weight on to one forearm and one knee. The partner then kneels behind and penetrates the vagina. This is another great one for hitting to G-spot.

1.

The female should start by getting down on her hands and knees.

2.

The female should then move on to her forearms instead of on her hands.

3.

The female should now rest all of her weight on one of her forearms and one of her knees on the same side.

4. The male should now kneel behind the female and penetrate, holding on to both of the female's upper legs when thrusting.

### Dinner is Served

The female should wrap her legs around her partner and hold her bum in a carrying position. He should then penetrate. The female can then begin to lean back until parallel to the floor.

1.

The male should begin by standing in front of the female.

2.

The female should then hold on to the male's shoulders, jump up and wrap her legs around the back of the male. Think of this as a carrying position.

3.

The female should then allow for penetration.

4.

Once inserted, the male should grab a firm hold of the female's hands and lean right back until her body is parallel.

5.

The female can now begin using her legs to help her thrust up and down. This position is really fun and for both partners. It does require some upper body strength though! If this position is too difficult in terms of strength required, the female can rest her back on a bed instead of being elevated in the air parallel to the ground.

## Ballet

This is an exhaustive position that requires flexibility, stamina and strength from both partners. Rather than a unique sex position, this is better thought of as an exciting way to begin having sex.

The female must begin by standing on a surface close to other structures that can be used for support such as a wall or cabinet. She should then lunge forward and lower herself, while the male does the same. He should inch

closer to penetrate. Either party can now control the depth of penetration for the best orgasm.

1.

The female should begin by standing on a surface close to other firm surroundings such as walls or heavy/ fitted furniture.

2.

The male should be standing in front of her.

3.

Once in position, the male should ready himself to catch the female and support her body weight.

4.

The female should lunge forward towards the male. He should be ready to support her. The male should catch the female by holding her under the shoulders. When caught, she should be positioned around the male's shoulder area.

5.

The male can then lower the female while she keeps her legs out straight to the sides.

6.

Penetration can then take place.

Balance is key! Be sure to use surrounding supports in case!

Leg Up!

You should both begin by facing each other. The female should raise one leg and wrap it around the male's leg, pulling him closer.

1.

Both the male and female should begin by standing and facing one another.

2.

The female should raise one leg and bend it at the knee.

3.

The female should then use her leg and wrap it around the male's. She can then use her leg to bring him closer for penetration to take place.

4.

The female should keep her leg wrapped around the male for the entirety of this position.

This is great when you can't find a bedroom to have sex or just want to mix things up a bit!

### Dirty Dancing

This is another anywhere, anytime move but the support of a sturdy object may be helpful when you haven't tried it before.

The male should lean on a wall facing the female and hold her. She should straddle him and wrap her legs around for balance.

1.

The male should lean back against a wall, facing the female.

2.

The female should hop up on to the male and wrap her legs around his back. He should use his hands to support her from the bottom.

3.

The female should now allow for penetration.

4.

Once inserted, the female can use the male's shoulders to help her move up and down during sex.

This is an intimate position where the male has a lot of access to the female's upper body. The penetration and clitoral stimulation can be controlled easily.

### Leapfrog

Leapfrog is very much like the doggy style that was covered earlier in this book – it is a variation of the doggy position.

You should start in the typical doggy style pose, but the female should lower her head and arms so that they are resting on the bed. The partner should then continue to penetrate from behind like usual.

1.

The female should begin by getting down on her hands and knees facing away from the male.

2.

The female should lower her upper body by transitioning from resting on her hands to resting on her forearms. Her bottom should remain up in the air and she should arch her back inwards.

3. The male should kneel behind the female, just like the doggy style, and approach for penetration.

4.

The male can then thrust firmly.

The great thing about this position is that penetration becomes much deeper than usual and frees up the hands. It is also great for getting a bit rougher than the normal doggy style positions.

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This is perhaps one of the wider known and popular foreplay positions. For this, the male should lay down facing upwards. The female should straddle on top facing the male's feet end. She should stretch out on top of the male and begin oral sex, while he does the same.

1.

The male should begin by lying down on his back on a bed and face upwards. His legs should be slightly apart, but straight.

2.

The female should then position herself by kneeling over the male's stomach with one leg either side. She should be facing away towards the male's feet.

3.

The female can then begin shuffling backwards until her waist is positioned above the male's face for oral sex.

4.

The male can then engage in oral sex.

5. The female can now lean forward so that her face is above the male's waist. She can then also engage in oral sex at the same time as the male. Both partners benefit from this position and can be great for stimulation before having sex.

### The Hinge

The male should begin by kneeling upon a bed and leaning back to support his weight. The female should face away, positioned in the doggy pose. She should lean down on to her forearms and move backwards until he has penetrated and begin having sex. This is good for keeping control of the penetration and speed.

1.

The male should begin by kneeling on a bed and leaning backwards. He should position his arms behind him to help support his weight in this position.

2.

The female should then face away from the male in front of him. She should get into the doggy style position i.e. on her hand and knees.

3.

The female should lean forward on to her forearms and raise her bottom.

4.

The female can now shuffle back towards the male to allow for penetration.

5. Both the male and female can thrust up and down in this position.

### The Missionary 180

This position puts a spin on the traditional missionary position, but it requires the male to be flexible!

First, the female needs to lay down on her back with her legs spread apart. The male then lies on top, but with his head down towards her feet – his legs should be on either side of her body. Once in position, the male should carefully push his penis downwards and penetrate his partner. Get comfortable and perform upward and downward thrusts.

1.

The female should lie down on her back facing upwards.

2.

The male should then position himself on top of the female, but with his head towards her feet. The male should be using his arms to bear weight at this point or be resting his weight on his elbows.

3.

The male must now position his legs either side of the female if not done so already.

4.

The male should now slowly lower his middle section and begin pushing his penis back and towards the vagina. The female may help guide the penis while the male supports his weight.

5.

Once inserted, the male can begin upward and downward thrusts.

Safety Tips

This position requires the male to have a very flexible penis – make sure he is comfortable before committing to the position! There is a risk of him straining his penis's suspensory ligaments. If he does feel any significant pain you should consider leaving the position behind and finding something better suited and comfortable. When entering the position, the female should be careful not to pull hard on the penis while guiding it inside her.



# **Bonus: How to Talk Dirty**

*Extracted from How to Talk Dirty by Lana Fox*

## **The Right Way**

A lot of women wish they knew how to talk dirty the right way. It would make things so easy on them in bed if they only knew what their man wanted them to say and how he wanted them to say it. You can start talking dirty to your man the right way, in a way that will drive him wild, with just a little know-how. It's not as hard as you think to do this right, and let's face it, most men love to hear their ladies talk like porn stars in bed. You can do this just as well as any of those porn stars can do, because it's merely talking. It's a skill anyone can learn. Take your sex life into the stratosphere by learning about dirty talk today.

The fact is, timing and tone matter almost as much as what you say. You have to get it all just right, and if you don't have a natural sense for these things, it can feel awkward to try to talk dirty. Have you ever whispered something you thought was dirty into your man's ear during sex only to have him laugh heartily? This happens, and it's not your fault. It's just that you haven't been taught how to talk dirty properly.

First and foremost, any dirty talk you do needs to be completely natural. Don't try to force it, because it will sound fake and that is a big turn-off to a guy. He wants it to be real. Men get very caught up in the idea of their sexual prowess turning on their woman, and it turns them on to think that they're doing it. If you sound fake when dirty talking to him, he'll feel inadequate in bed and this will be upsetting to him. So, only say dirty things if you're REALLY feeling them.

One of the best things you can do is ask him questions. If you feel moved to do something sexy for him, ask him in your most sexy, alluring voice (while

looking directly into his eyes) if that is what he wants you to do. For example, if you want to give him oral sex, tell him what you want to do and then ask him if that's what he wants you to do? Go over a few of the juicier details, getting his answer after each 'point'. Don't drag it out into a long list of 35 different questions, 3 or 4 is more than enough for you to use a few choice dirty words as well as keying up his anticipation of what's to come. Say it just right, and really mean it, and your man will practically do backflips to please you in return.

Next, touch him when you talk dirty. The personal contact will make the dirty talk even more alluring. Finally, try to include really filthy words, because guys love this. Instead of using the normal, clinical and boring words for the various sexy parts of your bodies, use the ones that sound and feel most erotic, daring and dirty to you. It's the best gift you can give your guy in bed. If you know how to talk dirty the right way, there's nothing he won't do for you in return.

## **How To Use Dirty Talking To Turn Her On**

In order to please a woman and make her want you more, getting her turned on is the single most important aspect of every sexual encounter. Luckily, there are many ways to go about achieving this. Following are just a few of those various techniques that can ensure your woman gets in the mood as often as you wish.

### **(1) Make her feel good**

A woman's main sexual organ is her brain. The best and most effective way to turn her on is to make her feel good, relaxed and sexy. No matter how busy you can be, this step is not to be skipped. Going straight for the lower part of her body when her brain or mind is not yet ready can only turn her off.

For many women, getting in the mood requires being both emotionally and physically ready. Do not rush. Instead, you take the time to stroke her hair, rub her shoulders and basically just hold and touch her. When you are out in

public, you hold her hand. Make sure you tell her that you find her to be beautiful and sexy.

Also do take the time to kiss her neck. Just press the tip of your tongue against her skin and kiss her softly. Kissing any part of the neck will get a woman in the mood. Do not miss her ear lobes, the back of her ears. Lightly nibble and kiss on these areas can also arouse her a lot.

## (2) Seduce her with dirty talking

This is another good way to seduce her brain and make a woman turned on. Do not be creepy about it and try not to be too vulgar unless you know that it gets her in the mood. Lean in close and whisper into her ear all of the things that you have thought about doing to her. For example, if you and your partner both enjoy it when you perform oral sex on her, try describing it from your point of view. Talk about how much you love touching her body and how it feels like to touch her with your tongue. The more descriptive you can get, the better dirty talk will be.

Once your partner is aroused, you can start complimenting her body. For the best dirty talk, do not say general things. Instead, you focus on one particular area of her body and describe it in detail, including what you like about it. For example, you can sit between her legs and talk about how you like to watch her open and close them.

Another dirty talk technique you can use is simply telling your partner all those naughty sexual thoughts you have, such as watching her perform oral sex on another woman. Because this is pure fantasy, you know this is something that is unlikely to happen in real life and neither do you want it to happen. Encourage your partner to share her sexual fantasies. The more open you are, the easier it will be for her to let loose. Lightly kiss her on the ear from time to time while telling her all these. Do not spoil the mood by sticking your tongue in her ear in a rough way.

## (3) Tease her with aphrodisiacs

Confucius once said over 5,000 years ago, "Food and sex are part of human nature." Therefore when it comes to making a woman horny, one of the most effective ways is to play around with aphrodisiac. Obviously, the most common is chocolate; however, there are numerous others less obvious options to choose from that can help bring out that dormant sexual desire that you are looking to release from your partner. Incorporate these aphrodisiacs into snacks, deserts and meals.

#### (4) Pamper her with a seductive massage

No woman in her right mind is going to turn down a massage. As such, you offer your woman a massage; just incorporate some seemingly innocent and subtle actions into the massage that can get her attention and/or raise her desire to have sex. Whether you let your hands 'do the walking' on her body or you gently put the print of your lips on her neck as you rub the tension out of her shoulders, adding a seductive element to a massage is a sure bet to get her love juices flowing.

## **What is Dirty Talk?**

Even though it may sound like a silly question to ask, for some women, they still need a little bit more information on what dirty talking is all about before they even dare to try it out. This is just part of human nature; before we are willing to try something, we want to make sure that we are good at it first. This is exactly how you feel. Before you even dare to WOW your man with some dirty talk in bed to send him over the edge. The last thing that you want to do is totally kibosh a hot moment and end up looking like a total doofus. That just isn't going to happen to you.

So, what is dirty talk? Well, it is just as it sounds. It is bedroom language that we use to communicate our wants, desires and needs to each other. Sometimes, it is even used to communicate a thought or used as a compliment. There really isn't just one particular way to define dirty talk because it is different for all couples.

Even though it sounds daunting at the moment, when you learn how to dirty talk and how to feel more comfortable with it, you and your man will both develop your own form of bedroom talk that will send you both over the edge.

Now, this is the biggest problem that women find themselves in when it comes to dirty talk - they can't get over the nervousness. Yes, it is nerve wracking to become vocal for the first time in the bedroom when you normally aren't used to it, but this is where we all thrive. When we are taken outside of our comfort zones, this is when we all really start living and really start enjoying sex for what it is worth.

You can't expect your sex life to flourish if you are constantly staying within your boundaries. Learning to experiment a bit outside of those boundaries, is really exciting and will lead to more pleasurable sessions in the bedroom.

So, how do you get over the nervousness? Well, it won't happen overnight. The best way to start to get more comfortable with dirty talk is to start off with sexting.

Sexting involves using your phone to send dirty text messages to your man. They can be anywhere from PG rated all the way to adult rated words. I would recommend to always start off light. Then, you can start to make things get hotter as you get more comfortable. Start off by telling him how much you can't wait to see him later or how sexy you think he is. That will help you to get more cozy with the idea of upping the language and using some raunchier vocabulary.

Once sexting feels like a breeze, then it is a good idea to start talking more during sex. The best way to start off is to compliment your man or to tell him what feels good as it is happening. Then, you will get used to using your voice during sex and this will make future bouts of dirty talk come a lot more naturally and effortlessly to you, resulting in fabulous bedroom talk that gets both you and your man more and more aroused.

Don't fret if the nervousness continues to last. You are doing something that is not the norm for you so it is only natural that you are going to feel uneasy. Don't worry though, practice makes perfect and the more you do it, the easier it will be!

So, now that you are ready and feeling a bit more confident with some sexting examples and light dirty talk in bed, what is next?

Well, naturally, you are working towards a goal of creating a distinct love language between you and your man. In order to do this, you need to start dirty talking in the first place, because, let's face it - this is up to you to get going.

Dirty talk is a lot sexier when women do it and yes, it will be hot when your man starts doing it, but he probably won't engage in it until you take the lead, so it is up to you to start it.

To help you to start dirty talking in bed tonight, try these 5 tips tonight!

1. Be original. You don't want to sound rehearsed and you don't want to sound too practiced. Also, you don't want to sound like you studied this and you don't want to say something that doesn't pertain to your man. Say something that is for him and only him. It will make it a unique and special experience for both of you that way.

2. Be confident. This may be the biggest tip of them all. If you are not confident, he will be able to tell and it will come across as awkward and weird. Don't make this happen. Be sure about what you are going to say and believe it.

3. Keep it at bay. When things are heating up, it can be easy to take things a little too far. Keep the reigns on and make sure that they stay at a certain level. Don't get ahead of yourself or rush things!

4. Have fun. If you aren't enjoying it, he will be able to tell. Make sure that you are having fun and letting loose with dirty talk. It's supposed to be fun!

5. Be yourself. Men might not be the sharpest knives in the drawer at times, nor pick up on what our subtitles are all about, but he can tell when you are not being yourself.

At the end of it all, you just want dirty talk to be fun. It shouldn't be something that you feel pressured into doing nor something that you aren't comfortable or confident with. If you ever feel any moment of hesitation or discomfort, your man will pick up on it and he will feel awkward.

Here's a good rule of thumb to keep in mind:

"If it sounds bad in your head, don't say it out loud."

If you are trying too hard to come up with something to say, then it is going to sound unnatural and rehearsed. Instead, try to say things that come up in the moment. This is when you are at your most authentic and this is when you are going to be at your sexiest for him.

Remember to have fun and to enjoy it! Dirty talk is fun and it is something that can seriously amp up your bedroom play and become something special between the two of you

## **Romance Tips For Your Dream Girl**

Guys! You are now dating that hot girl. How do you keep her? Love and dating advice made easy.

1: Start slow. The best way to keep a girl's attention is to inform her that you want to go slow. Wait until the 4th date to have sex. Some dates should just be cuddle dates. Women are so used to men just wanting them for sex, that only cuddling is a great way of getting close and holding her interest. Not to mention raising her anticipation levels for the big event.

2: The perfect first kiss. A very light brush is better than a full on tongue kiss. First of all, it gets her curious and wanting more. Keep something back for later.

3: Compliment her. Most women are very insecure about the way they look. Women look at their imaginary physical flaws (butt too big, flabby thighs, whatever) and find it hard to believe that a man could find them sexually attractive. Constantly tell her how sexy you find her. If you can improve her self-esteem she will be much more uninhibited in bed.

4: Planning: It's easy to get caught up in work and before you know it the day, or week, has passed. Use your organizer as a reminder to phone your girl unexpectedly. Girls love a quick call or text to say "hi, thinking of you".

5: Public Dirty Talking. Whispering, explicitly, what you would like to do in a more private venue makes it more likely to happen. This is because sex talk in public is doubly arousing. The anticipation and naughtiness will have her all hot and bothered in no time.

6: Some 'her' time. Arrange for her to go to a beauty salon, spa, or hair place. Tell her you are going to dinner after. When you collect her, take her to a restaurant attached to a romantic hotel. She will be feeling fantastic after her beauty treatments and all of these romantic gestures will totally overwhelm her. A sure fire way for a little romance.

7: Fireplaces. All girls love romantic getaways involving fireplaces. Cozy cabins or rooms, big rugs on the floor, dim lighting, mulled wine or champagne and no sports on the television, all add to the romantic ambience. A great way to spend a winter's day.



8: Cherish her completely. All women have a little secret something about themselves that they are proud of. This normally does not involve a body part. It might be her black sense of humour or her individuality. You need to find this, and love and appreciate this. This is when she will feel loved as a whole person and then you will have her sexually and emotionally. No idea what's going on inside her head? Is there anything her father compliments her on that lights her up?

9: The necktie. This clothing item is the favourite of all women. Take it off and use your imagination.

10: Makeup sex. Anger while fighting drives up the testosterone in both of you. Increased testosterone means a stronger sex drive. If you haven't been fighting, try a pillow fight or naked wrestling in the bed, to get things heated and breathless.

11: Gifts. All women love unexpected gifts. Show her you understand her by making it personal. Try for thoughtful and creative. The timing of the gifts appearance could be crucial in how the evening turns out.

12: Take her shopping. Buying a new outfit puts girls in the mood for romance. Having her guy with her in the mall makes her happy. Make sure that if you are going to go that you stay interested. Do not be half hearted and do not wander off and get lost. Apparently, in Victoria's Secret lingerie stores there are love seats in the dressing rooms. Do you need any more incentive than this to go to the mall?

13: Kiss her more often. The most common complaint from women is that their guy does not kiss them enough. You should kiss your girl for more than 5 minutes while you are whipping off her clothes. Women like to be kissed through the whole encounter. Women love being kissed everywhere. Find her favourite places to be kissed and make sure you include them every time. Nuzzling, licking and soft nipping are usually appreciated as well. This sort of strategy will decrease the amount of headaches she will have.

14: Say it. The top 3 romantic things women love to hear from men are:

"I just love waking up with you."

"I have brought you a little something"

"I can't wait to see you"

15: Listen. To keep your romance alive you need to listen to her properly. Here is how:

Turn off the television. Yes, off, not just on mute.

Listen to her.

Repeat what she has said.

Tell her that it makes sense or clarify if you do not understand.

Turn television back on. Better yet, give her a cuddle.

16: Make a fantasy box. Both of you get to write down your own secret sexual fantasies. Fold them over and place in your fantasy box. When you want to spice it up, pull one out for inspiration.

17: Never buy carnations. Carnations are cheap. They come over as cheap and from the corner store. You will never impress her with these. They will never be seen as a romantic gift. Save your money for something else.

18: Make her breakfast in bed. If you can't cook, a cup of coffee and something in the toaster is still a great romantic idea.

19: "Does my butt look big in this?" Never, ever hesitate. The only correct answer is "No."

Follow this with a cuddle with your hands running appreciatively over her curves for a more genuine feeling response.

20: Be her friend. You have to concentrate on the friendship side of the relationship, not just the sexual side. The more you understand her thoughts, the more she will reward you.

To have a hot wild date needs a little romance. Dating and romance just need a little thought and planning. These romance tips will keep your dream girl coming back for more.

### **Talk Dirty in Bed**

If you are looking for new ways to please your man in bed, you may want to explore and learn how to talk dirty in bed. Indeed, nasty talks during lovemaking can turn on your man and can intensify the sensations that you both are feeling at that moment.

In fact, many women love to hear dirty talks as well as it will stimulate your imagination and help you focus on the sexual act at that moment. Talking dirty may even help women in forgetting about other things running in her mind as well.

If you want to talk dirty in bed, you have to keep in mind some general rules and caveats when doing the dirty talks. Remember that dirty talks can arouse or can turn off your partner, depending on how you do it, and remember to practice.

If you are naturally a little noisy in bed, you may not find it difficult to talk dirty in bed, but if you are the silent type, you may want to practice before pulling off the stunt in the wrong way.

- Practice to talk sexy. Your voice is a big factor in making your dirty talks effective. In fact, men are said to enjoy a sexy voice during lovemaking as that turns them on. Of course, they love to hear moans and responses from the woman as well, as these are signs that the woman enjoyed the act as much as he does and he was able to satisfy her.

- Pick the right words to say. Yes, you can voice out your dirtiest thoughts about making love but make sure you are also using words that can arouse

your man and not turn him off or make him laugh. Forget about those technical and medical terms. Find and research nasty words that are more appropriate for dirty talk. There are a lot of resources that can teach you how to talk dirty in bed and you can practice saying those words in bed as well.

- Start slow. Do not surprise your man with nasty talks. He may be startled that you have uttered such words that he'd never heard from you before. If you are a beginner, you can start slow with moans and then slowly introduce some nasty words little by little. You don't have to recite every dirty word you have learned from the magazine. Take your time and slowly introduce dirty talk into your lovemaking.

- Give your man an ego boost with your dirty talks. This will also give him more pleasure by letting him know that he turns you on or he is hard to resist. It also turns them on to know that women enjoyed and are satisfied with their sexual prowess as well.

- Identify the right timing. Of course, learning to talk dirty in bed can be effective if you are able to explore your sexy voice, if you have the right words chosen and of course, if you tell it to your man at the right timing.

## **Conclusion**

So, you have finally managed to wrap the book and we hope that you have learned a great deal from it. Like we had mentioned at the start of the book, it wasn't meant to be merely read but it was to be acted upon which we hope you did.

If you have implemented the steps and details as and when you read them, we are sure that by now you must be a true God in bed. We recommend you go back to the initial chapter and re-answer the questions with which we had started this journey.

It is important to show you the kind of improvement you have made while reading the book. Sex is not a subject meant to be studied, but there is so much you need to explore, learn, and know here that there is never an end to the kind of knowledge you can amass.

Kamasutra is yet another branch of sex which manages to fascinate most people. Once you get hooked to trying new and passionate sex positions, you might find yourself digging books on Kamasutra. A lot of Kamasutra positions might be very hard to achieve but when you have hunger and desire, nothing seems impossible.

So, re-read the book as many times as needed and you can always choose some of your top favorite experimental positions and please your partner in bed. Everything we have spoken about in the book assumes gargantuan importance and we hope that by reading this book, you must have been able to bring in the much-needed change in your sex life.

So, be willing to do your bit and bring changes for the good. When you are getting a good amount of sex and enjoying it, the contentment always shows on your face and this is bound to bring in a rejuvenated sense of joy in you.

So, stay young and wild and feel free to indulge in sex, after all, we all have needs that we need to address. Find your comfort zone and make sure to get out of it once in a while because everyone likes to keep it a little rough and steamy when it comes to sex.

Have a great bedroom game tonight!