

A woman with long dark hair is sitting on the back of a man. She is leaning back with her eyes closed and a slight smile, her hands resting on the man's shoulders. The man is shirtless and his back is to the camera. The background is a dark, textured wall.

# SEX POSITIONS

MASTER THE CLIMAX WITH ADVANCED  
GUIDED SEX POSITIONS FOR A BETTER  
SEX LIFE, WITH PICTURES

# **Sex Positions**

***Master The Climax With Advanced Guided Sex Positions For A Better Sex Life, With Pictures***

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# **Introduction**

Thank you for taking the time to download this book: Sex Positions.

This book covers the topic of Sex Positions, and will teach you how to advance your sex life for better and longer lasting sex. This book contains 50+ sexual positions that will drive you wild and leave you begging for more.

At the completion of this book you will have a good understanding of Sex Positions and be able to use and master these positions to reach climax sex.

I hope you find it to be helpful!

# Chapter 1: Mastering the Art of Sex

Sex is more than just an expression of animalistic instincts; it is an art. It is an expression of your sexuality and identity. It is also the expression of your love, lust, and affection for your partner.

But, while sex is a primal human need, people are not born with great sex skill. To increase your sexual satisfaction, you must master the art of sex by following these tips:

## 1. Be confident.

There's nothing sexier than confidence. Before anyone else can fully love and appreciate your body, you have to love and appreciate your body first. You must believe that you are beautiful and attractive.

## 2. Pay attention to the foreplay.

Foreplay is important in increasing your pleasure and improving your overall sexual experience. You must pay attention to foreplay. Make sure to do a lot of torrid kissing, petting, and oral sex before the actual penetration.

## 3. Practice safe sex.

You cannot enjoy sex if you are constantly worried about getting pregnant or contracting sexually transmitted disease. To avoid this, it is best to practice safe sex and use condoms and other types of contraception all the time.

## 4. Try different positions.

Sex can get boring if you are doing the same sex positions all the time. It is important to try different positions every now and then. You can find 50+ positions in this book that will totally blow your mind.

## 5. Act out a fantasy.

If you want a satisfying sex life, it is important to act out a fantasy. You can organise role-playing games or you can simply act out an erotic movie scene that you and your partner enjoy.

## 6. Talk dirty to your partner.

Sometimes, your partner will need some encouragement. It's best to talk dirty. Talking dirty also increases your sexual confidence and empowers you. During intercourse, you can say something sexy like "yes!", "that's so good!", "you're delicious", or "fuck me now".

7. Buy sexy underwear.

When you have tight, revealing underwear, you'll feel confident and amazing. This confidence will increase your sex performance and the sexual attraction your partner has for you, ultimately heating things up a lot quicker.

8. Let your partner know how desirable he or she is.

To improve your sexual experience, it's a good idea to let your partner know how desirable he/she is. This will improve the connection and enhance the overall quality of sexual intercourse. You can say something like "you're hot babe" or "you're a sex god".

9. Maintain eye contact with your partner during sex.

Maintaining eye contact with your partner allows you to establish a deep connection with him/her and it also improves the overall sexual experience.

10. Use props.

Props add excitement and pleasure. It's best to use props such as blindfolds, feathers, handcuffs, whips and even food.

11. Wear costumes.

Costumes are visually appealing. They also add a lot of excitement and novelty into your lovemaking. Maybe she can be the Cop and he can be the one in 'trouble'.

12. Make love in public places.

Having sex in public places is not only exciting. It also has an element of danger that increases pleasure. You do not have to do it in a park or in a public toilet. You can do it in your car or against an open hotel window.

13. Make love in different parts of your house.

If having sex in public places is too much for you, you can have sex in the different parts of your house instead. You can have sex on your couch, on the piano, on the kitchen counter, and even on the stairs.

#### 14. Pay attention to your partner's erogenous zones.

To have better sex, it is important to pay attention to the erogenous zones of your partner.

If you're a woman, you need to pay attention to the penis during foreplay. All men love a good blowjob. When you are giving your man oral pleasure, try to do it slowly and let yourself linger. Take the penis, one centimetre at a time. You can suck and lick, using the lipstick strategy – brush the head of the penis against your lips as if you are applying a lipstick. It is also important to pay attention to your partner's other erogenous zones such as the ears, neck, frenulum, and nipples.

If you're a man, you need to pay attention to the woman's clitoris. This part of her vagina has over eight thousand nerve endings. You can play with her clitoris using your fingers or your tongue. It is also best to pay attention to her other erogenous zones such as the ears, neck, nipples, feet, and even her scalp.

#### 15. Keep a little bit of clothes on during sex.

There's something a little exciting and kinky about keeping a little bit of your clothes on during intercourse. Keep them on until your partner rips them off.

#### 16. Make loud noises during intercourse.

Try to let go of all your inhibitions. When you're having sex with your partner, it is important to make loud noises during sex. The kind that would keep all your neighbours awake. Using the positions and techniques in this book, you won't have any other option but to scream. So get used to it.

#### 17. Be playful.

Sex is not something that you should take seriously. To have an amazing and deeply satisfying sex life, be playful, have a laugh and get comfortable with each other. Pillow fights or a playful wrestling fight during foreplay

can cure the awkwardness and set the sexual confidence to wear it should be.

18. Eat foods that increase sexual performance.

If you want to increase your sexual performance and drive, you should tweak your diet and add foods that increase libido and stamina such as cucumber, kale, flaxseed oil, pine nuts, garlic, broccoli, blueberries, blackberries, avocados, oysters, almonds, strawberries, seafood, arugula, figs, and citrus. You can also eat a lot of meat, red wine, pumpkin seeds, fatty fish, dark chocolate, and strawberries.

19. Watch porn with your partner.

Women actually like porn too, but not the ones that focus on the pounding or the genitals. To improve the sexual experience, it would be a good idea to watch porn with your partner.

20. Make a little home movie.

Recording your sexual intercourse will motivate you and your partner to take sex to the next level. If you want wild sex, it's a good idea to record a little homemade porn. See what it's like and make a better and longer one each time.

Sex is one of the basic primal needs of human beings. It is also good exercise, providing stress relief and strengthening your immune system. Most of all, it is an expression of love and maybe lust, making it one of the most beautiful things about being human and one of the most pleasurable things that you should enjoy.

## Chapter 2: Easy Sex Positions

If you're a beginner just starting out towards your sex life journey then these positions are for you requiring low flexibility, energy, and skill. Here are the best sex positions for beginners:

### Sex Position #1 Missionary Position



The missionary position is one of the most basic sex positions. It is also the most commonly used. This sex position is intimate and it creates a more romantic atmosphere allowing both the man and the woman to maintain an eye contact while making love. They could also kiss and express affection for each other.

Most women love the intimacy that comes with the classic missionary position, which is why it's a good position to start with. Holding eye contact and kissing each others ears and neck will get things heated really quick, making it comfortable for both partners to change things up with more confident based positions.

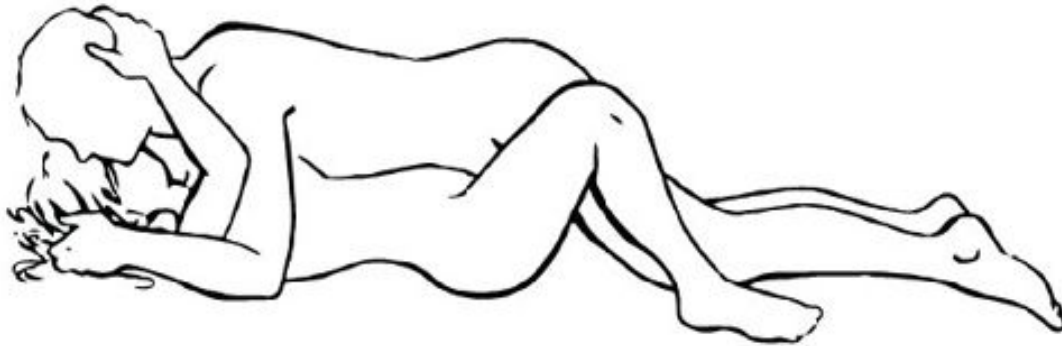
### **How To Do It**

The woman has to lie on her back with her legs spread wide and the man should climb on top of her front on. This is one of the easiest positions for the man to access the Vagina.

### **How to Make This Position Hotter**

1. Make sure that the woman orgasms before the intercourse. It's no secret that women do not get orgasms from intercourse alone. To make sex more pleasurable for her, it is important that she orgasms before the actual intercourse. The man should do a little fingering or give her oral pleasure before penetration. This strategy makes missionary sex more enjoyable and pleasurable for both partners.
2. The man should not do all the work. The woman should also move her hips in a wavelike undulating pattern.
3. Get rough! Try to scratch your partner's back or bite his/her shoulder blades. This would definitely turn your partner on.
4. Whisper something in your lover's ear. You can whisper sweet things or you can whisper naughty things.
5. Breathe more. The more you breathe, the more body sensations you feel. This will help you feel more pleasure.

### **Sex Position #2 CAT or Coital Alignment Technique**



The coital alignment technique or CAT is a variation of the missionary position. It's also known as grinding the core. This sex position was created to maximize clitoral stimulation. An American psychotherapist named Edward Eichel in 1998 first defined it.

### **How To Do It**

The man lies above the woman, but moves upward so his erection would point down instead of pointing up. This means that the dorsal side of the penis is pressing against the clitoris. This increases clitoral stimulation and helps the woman experience more pleasure during sex and ultimately achieve orgasm.

The woman can also wrap her legs around the man's waist to deepen the penetration. She should also keep her hips tilted up during the intercourse so the clitoris is stimulated with precision.

To achieve better sexual experience using the coital alignment technique, the man should make sure that his weight is evenly distributed. He should rest part of his weight on the woman's chest.

## **How to Make This Position Hotter**

To make sex more pleasurable, the man should also move in more than one direction. He should move in a sensual and slow rocking motion and not in the usual thrusting motion. It is best to vary the pace, rhythm and angle of the thrusts as targeting different areas in different speeds causes more pleasure for the woman. The extra tips from the previous missionary position can be used also.

## **Sex Position #3 Woman On Top**



Woman on top or cowgirl position is one of the most common and easiest sex positions. It is enjoyable for both parties and it helps the woman feel in control and empowered. This position also allows the man to freely move his hands around the woman's breasts and other parts of her body. It also gives the man a great view of the woman's body and movement, which is immensely satisfying.

## **How To Do It**

The man has to lie on his back and the woman straddles across his pelvis facing forward. The woman could either kneel or squat. She will then align her vagina with the man's penis and lower herself to allow the man to penetrate her.

This position allows the woman to control the rhythm, the pace, and the extent of vaginal penetration. The man can freely touch the woman's breasts, buttocks, or clitoris while the woman moves "up and down" in a circular motion.

This position is best during pregnancy because the weight of the man is not on the woman. Men like this position because it allows them to have a full frontal view of the woman.

### **How to Make This Position Hotter**

Turning the lights on for this position is ideal, as it will increase the sexual attraction the man had for the woman. This Position puts the woman in full control so talking dirty to your partner will definitely heat things up which will then cause the man to prove himself in the position after when he is then doing the work.

### **Sex Position #4 Modified Girl On Top**



This position also allows the woman to control the movement during intercourse just like the CAT but creates deeper and more forceful thrusts. This is also more intimate than the classic girl on top position, allowing more hugging, kissing, and other expressions of attention.

### **How To Do It**

The man must lie on the floor/bed laying his back against a wall and the woman should climb on top of him. But, instead of sitting upright on top of her man, she should lean down against his chest, placing her hand on either side of his head. This will make her more secure when moving, creating more control. If the woman is strong in the arms and legs, she can also lean back with her hands on the bed and bounce on her partner while he rests for the next position.

This position provides maximum clitoral stimulation and it can be pleasurable for the man, too. To maximize pleasure, the man must also thrust forward and move his hips up while the woman is moving in the “up and down” or circular motion.

### **How to Make This Position Hotter**

Making out with each other, while the man grabs the buttocks and breasts can increase the sexual tension. This position also has easy access towards kissing, licking, biting and sucking the neck and ears.

### **Sex Position #5 The Doggie Style**



Doggie style is one of the most popular sex positions, especially for men because of its animalistic vibe. It is exciting for both men and women especially due to its wild take, making it an amazing visual treat for men and a good position to try during pregnancy.

#### **How to Do It**

The woman must be on all fours. The man kneels behind her and enters.

The doggy style is a versatile position that can help the sex partner move in whatever way they like. It encourages breast stimulation and it helps the woman feel uninhibited because the man cannot see her face. It's easier for her to let go allowing her to comfortably moan, grunt, and talk dirty as much as she wants.

The doggy style is a rough sex position that many people enjoy. It also provides awesome G-spot stimulation. To increase the force and orgasm, the man can place one leg up, similar to a lunge position.

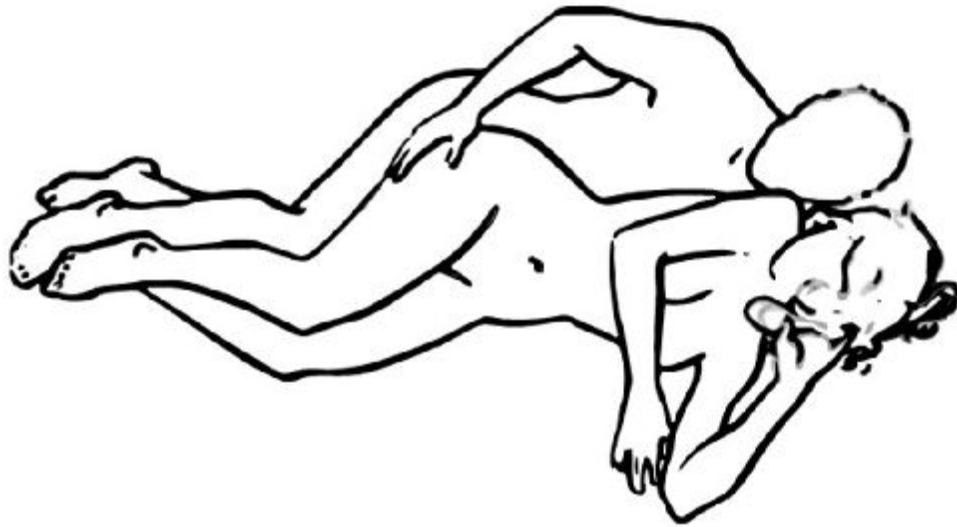
### **How to Make This Position Hotter**

The woman and man can dirty talk to each other while the man can also spank her on the buttocks if his partner desires. If the woman turns her head and looks at her partner this also increases the sexual connection for the man due to eye contact at a high status.



Extra Tip: If you have strong legs, going two legged, in a squat position or in a lunge position with one knee down and one up, can be even more advanced and climax efficient.

### **Sex Position #6 Spooning**



Spooning is one of the most intimate sex positions. It allows the man to cuddle his partner while they are having intercourse. This position releases the love hormone called oxytocin, which brightens the mood. Having intercourse in this position can actually makes you feel happier.

This position combines the “body to body” closeness of intimate and romantic sex positions and the excitement of rear entry. This position provides superior G-spot penetration and clitoral stimulation, allowing both the man and the woman to have access to the different hotspots of the woman’s body. This is also a good position to try anal sex.

### **How to Do It**

The woman should lie on her side with the man behind her, facing the same direction. To find the right angle for entry, the woman may have to lift her top leg or lean forward. Then, the man enters from behind. The man can grope the woman’s breasts or play with her clitoris during intercourse.

### **How to Make It Hotter**

To make this position even hotter, the woman can bend her knee to create a triangle. This will allow her to accommodate her man better. It also gives her more leverage to move and match his thrusts. If the woman is flexible

and a little acrobatic, she can hold her leg up. Then, she can grab her partner's butt to intensify the penetration and thrust. This trick can make the intercourse more memorable, exciting, and wild.

### **Sex Position #7 The Tight Squeeze**



This is an intimate rear entry position that's incredibly easy to do. It creates intimate and feel-good friction. Allowing the man to easily kiss the woman's lips or neck during intercourse.

#### **How to Do It**

The woman should lie down on her stomach, keeping her legs straight or crossed. She can rest her arms on her side or she can stretch them out in front of her. The man will then stretch his body over her, resting his elbows or hands on the bed so he doesn't put his entire body weight on his partner. The man will then position his legs beyond the woman's legs and enters her. Placing a pillow under the woman allows a better angle for the man to easily slide in and out from and hit the G-spot.

## **How to Make This Position Hotter**

To enjoy the full benefit of this position, the woman should rock her buttocks back and forth while he's thrusting. This will increase the impact of the thrusts and the pleasure.

## **Sex Position #8 The Cowboy.**



The cowboy is a romantic position that gives the man dominance. It is relatively easy to do and it does not require a lot of energy. The man can also put on an actual cowboy hat just for fun.

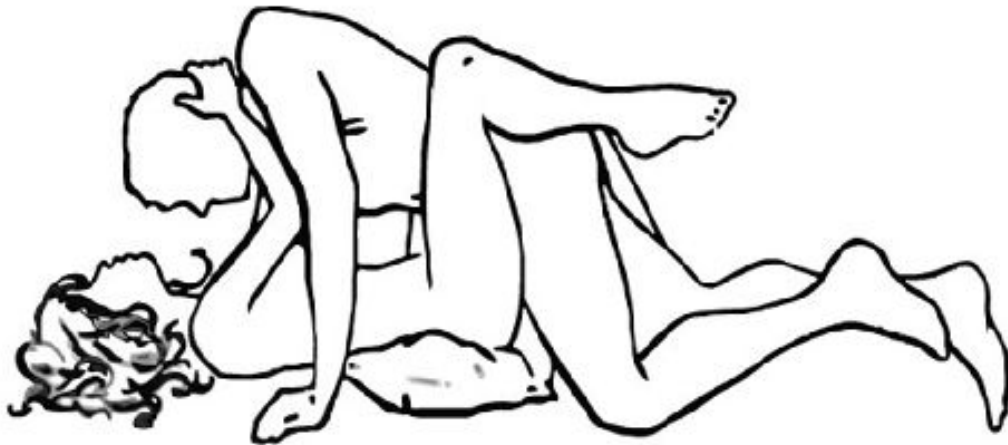
## **How to Do It**

The woman should lie back and the man should climb on top and straddle her. He then needs to insert his penis through the tight opening. The tightness increases the pleasure and intensity of the penetration, which is good for both the man and the woman.

## **How Make This Position Hotter**

The man can fondle the woman's breasts or he can tie/handcuff her to the bedpost for added excitement and pleasure.

## **Sex Position #9 The Drill**



The drill is similar to the missionary position. This position provides superior G-spot stimulation, which is easy to perform, providing maximum pleasure.

### **How to Do It**

The woman must lie on her back and the man should climb on top of her. As he enters her, she should wrap her legs around the guy's waist. The raised leg adds intimacy to the position and improves the penetration angle.

### **How Make This Position Hotter**

Having a pillow underneath the woman's lower back makes it easier for the man to enter and hit the G-spot. The couple can kiss each other and more importantly the man can kiss and bite the woman's breasts and neck during intercourse.

## **Sex Position #10 Sixty Nine**



The 69 is one of the easiest and dirtiest sex positions used in foreplay. You can also do this in between different sex positions. This position is pleasurable for both partners, but it gives the woman more oral pleasure.

### **How to Do It**

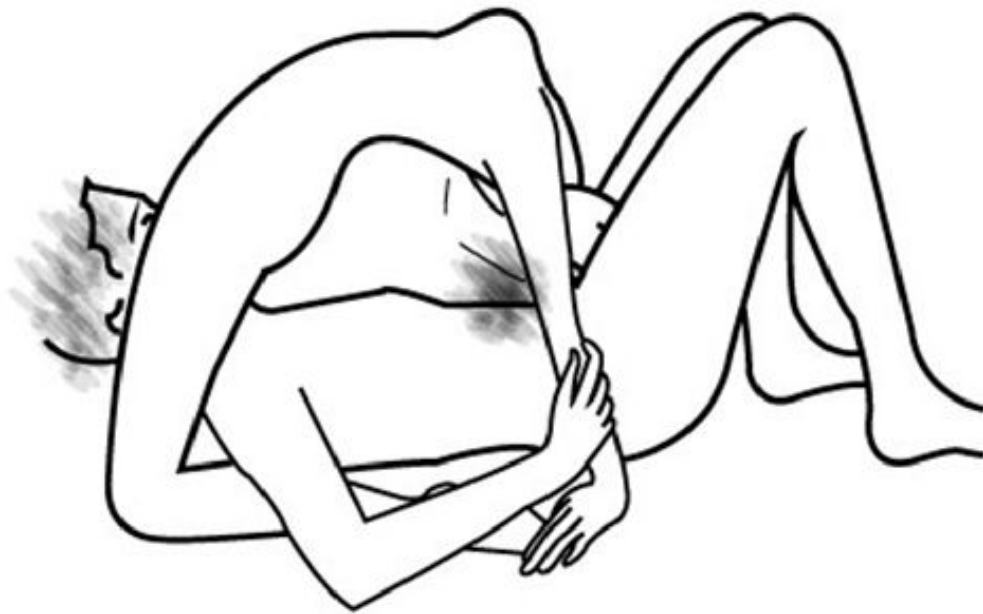
The man should be lying underneath the woman. The vagina should be in the guy's face and the woman's face should be on the man's penis. This is the classic version of the 69. You can also reverse this position.

### **How to Make This Position Hotter**

To get the most out of this position, the man can use his hands to stimulate the woman's clitoris and the G-spot. To enjoy this position, you must let yourself go and enjoy the moment.

It is also important to keep the woman wet, so she can truly enjoy the experience. It's best to use different kinds of lubricants such as lick-able lubricants, flavored lubricants, and warming lubricants. The man should also focus on giving the woman a G-spot massage.

If the woman is flexible, she can bend over backwards instead of directly facing the penis. Of course, the woman must do a lot of yoga to be able to do this.



## Chapter 3: Intermediate Sex Positions

These positions are best for slightly fitter people with moderate sex skills and flexibility. The positions also require moderate stamina and energy, making them more exciting and satisfying. If you're looking for a new position to try, it may be a good idea to try these positions.

### Sex Position #11 Butterfly.



The butterfly sex position allows deep penetration. This position is visually satisfying for the man and it provides the woman great clitoral stimulation, making it wild and exciting.

### **How to Do It**

The woman should lie at the edge of a table or a bed, with the man standing in front of her. The man should lift the woman's hips upwards and place her

legs on his shoulders or hold them with his hands. If this is too difficult, the woman can simply place her legs on the man's hips.

### **How to Make This Position Hotter**

The man can give the woman oral pleasure before transitioning to this position. He can also kiss and bite her inner legs or squeeze her breast during intercourse.

Putting a cushion underneath the woman's butt is also a good idea. This way, the man won't get too tired of holding up her legs.

### **Sex Position #12 Time Bomb**



This sex position is intimate, with the girl on top. The time bomb allows you to kiss your partner and maintain eye contact during intercourse. The man can touch or kiss the woman's breast and neck during sex.

This position provides maximum G-spot and clitoris stimulation and it also gives the woman a strong sense of control.

### **How To Do It**

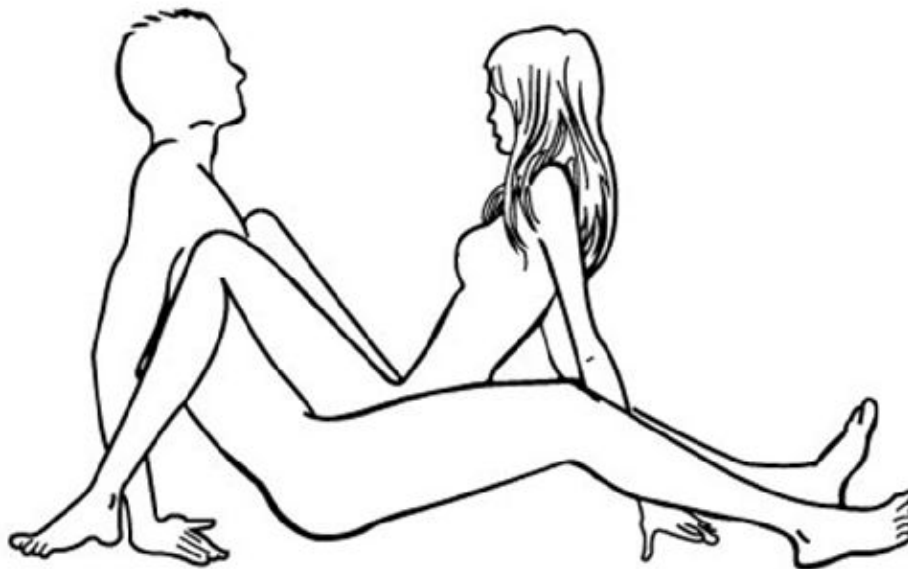
The man should sit on a chair and then the woman should climb on top, facing him. The man should place his hands on her buttocks for support as she rocks up and down.

### **How To Make This Hotter**

To make this hotter, the woman can lean back and allow the man to suck her breasts or kiss her neck. This position is perfect for wild sex, but to get the most out of this, it's a good idea to vary the speed and the rhythm of the lovemaking.

This Position is a great one to do in the back seat of a car also.

### **Sex Position #13 Face to Face**



This position is perfect for slow and relaxing sex. It is intimate and it allows the couple to look into each other's eyes and kiss, making it one of the most sensual sex positions ever recorded in the Kama sutra.

### **How to Do It**

The couple should sit opposite each other. Then, the woman must slide into his lap and sit on top of him. The man should put his feet together to provide some kind of cradle for his partner. Then, the woman can place the penis inside her and start to rock up and down.

### **How to Make This Position Hotter**

To make this position hotter, the woman can lean back and allow the man to have a better view of her jiggling breasts.

### **Sex Position #14 The Right Angle**



The right angle is a bit similar to the butterfly. This position helps increase the penetration by increasing the depth forced in. This position is not intimate but it is wild.

### **How to Do It**

The woman should lie down in the right angle position, with feet up. Then, the man sits down on the bed with his legs open and stretched out. He can grab the woman's legs and rest them on his shoulders. The man can also place his hands on the woman's butt or waist and lift her up and down. This allows deep penetration.

### **How to Make This Position Hotter**

To get the best from this position, the couple should maintain eye contact. This will increase the intimacy and enhance the sexual experience. The man can also occasionally kiss the woman's legs or grope her breasts.

This position is versatile. You can do this in the bedroom and even in a hallway.

### **Sex Position #15 Standing Up**



This position is great for hitting the G-spot. It also creates deep penetration allowing the man to have a good view of his partner's butt.

### **How to Do It**

The woman should turn and face away from her partner. Once positioned the woman must bend over placing her hands on the wall or her knees for leverage. The man should stand behind her, also having his hands placed on her hips or butt to pull her closer with each thrust.

### **How to Make This Position Hotter**

To make this position wilder, the man can use a clitoral vibrator to enhance her pleasure and increase her chances of orgasm. If your partner is into it, he can slap her buttocks for increased sexual tension. He can also rub or kiss her back during intercourse.

### **Sex Position #16 Reverse Cowgirl**



This position makes the woman feel empowered, giving the man the amazing view of his partner's butt, stimulating her G-spot at the same time.

### **How to Do It**

The man should lie on his back with the woman sitting on top of him, facing his feet. She could also squat over him with her feet on the bed. When the woman is well lubricated, she should hold the base of the guy's penis and slowly lower herself onto him. She then has to start moving up and down. She can maintain her balance by placing her hands in front of her or on the guy's thigh.

### **How to Make This Position Hotter**

To make this position hotter, the man can place his hands on the woman's waist and help her move up and down. He can also squeeze and slap her butt during intercourse or kiss her back.

### **Sex Position #17 The Padlock**



If you want to make love in the office or in the laundry room, this is the perfect position for you. This position allows both the man and the woman to control the rhythm of lovemaking. It also gives the man more access to the woman's body.

## **How to Do It**

The woman can sit on a washing machine, office table, or countertop. The man must stand in front of her with the woman wrapping her legs around his waist. He can grab her butt or suck her breasts during intercourse.

## **How to Make This Position Hotter**

This is an easy position to do in the kitchen or maybe even on the bathroom sink in a public toilet. Making eye contact and talking dirty will definitely heat things up just that little bit more.

## **Sex Position #18 The Kneeling Lotus**



The kneeling lotus creates better movement between the genitals, allowing the couple to move in a fluid rocking motion. This position provides an optimal angle for penetration, while providing great G-spot stimulation. The man has free access to the woman's breasts during intercourse and the woman has a strong feeling of power and dominance. This position is great for people with average weight, low flexibility, and moderate energy.

## **How to Do It**

To get into this position, the man must kneel back and the woman sits onto his lap, facing him. She should then wrap her legs around her partner and wrap her arms around him for support. The couple can whisper sweet nothings or do dirty talk while in this position.

## **How to Make This Position Hotter**

This position is very intimate, so making eye contact and kissing/biting the neck and ears will increase the sexual tension.

## **Sex Position #19 Kneeling Mastery Position**



This position is something that all lovers of varying skill level and fitness can do. It is erotic, intimate, and it gives the couple a lot of opportunity to kiss, fondle, and caress each other.

## **How To Do It**

The man should sit on a sofa or chair and the woman should straddle him, facing him. The man can place his hands on his partner's buttocks to help

her move up and down.

### **How to Make This Position Hotter**

Pulling her hair and talking dirty is a perfect combination to use in this position. Making sure you are very close to each other will increase the clitoral stimulation, therefore making it easier for you and your partner to have an orgasm.

### **Sex Position #20 The Lotus**



This is a sensual Tantric position that's recorded in the ancient book of love. This awesome sex position is perfect for yoga fanatics. It allows you to sync your breathing and movement for an intimate and romantic position that couples of varying fitness and skill level can try.

### **How to Do It**

The man should get into the traditional lotus position. If this is too difficult, he can simply cross his legs. The woman then climbs on top of him and sits on his lap. She should then wrap her legs around his waist as he can then penetrate her.

## **How to Make This Position Hotter**

The couple should embrace each other during intercourse and kiss with shared breath. The woman should exhale and her man inhales and vice versa. She must rock her pelvis as she inhales, tightening her vaginal muscles.

## **Sex Position #21 Leapfrog**



The leapfrog is a variation of the doggy style. This position promotes female orgasm as it provides superior clitoral and G-spot stimulation.

## **How To Do It**

The woman should start on all fours, with the man kneeling behind her like in the doggy position. As he enters her, she should lower herself down and rest her weight on her forearms.

## **How To Make This Position Hotter**

To make this position hotter, the man can stimulate the woman's clitoris during intercourse using his fingers. He can also kiss her back and squeeze her buttocks and maybe even slap it.

## **Sex Position #22 The Ballerina**



The ballerina is a complicated position and recommended only for women with yoga-like flexibility. This Tantric position is both intimate and wild.

### **How to Do It**

The couple should stand facing each other. Then, the woman should lift one foot and rest it on the man's shoulder. If she cannot do this, she can simply hook her foot around her guy's waist.

### **How to Make This Position Hotter**

To get the best out of this position, it's best to kiss your partner while you are having intercourse. This could improve the experience and increase pleasure. Lifting your partner and pushing her up against the wall while you thrust will also spice things up that little bit more.

## **Sex Position #23 Teaspoons Sex Position**



This is a rear entry position that's incredibly intimate and romantic. It has the connectivity of spooning and intensity of the doggy style.

### **How to Do It**

The woman should kneel and the man should also kneel behind her and penetrate her. If you encounter difficulty in aligning the genitals, it's best to use a pillow or cushion.

### **How to Make This Position Hotter**

The man can play with the woman's clitoris or breasts during intercourse. He can also kiss her lips, neck, and shoulders to increase the tension.

### **Sex Position #24 Victory**



Victory is a daring variation of the missionary position, making it hot and perfect for women who are not too shy.

### **How to Do It**

The woman should lie on her back with the man on top of her, as the man enters her, she needs to extend her legs out to the ceiling in a V-shape position.

This amazing sex position creates maximum penetration and G-spot stimulation. Allowing the man to kiss the woman's legs or fondle her breasts during sex.

### **How to Make This Position Hotter**

Tying or handcuffing your partner's hand to the bed will definitely heat things up with this position. Investing in some rope or fake handcuffs could make a huge difference if you want to take your sex life to that next level.

### **Sex Position #25 Bended Knee**



This face-to-face position is intimate and fun to do. It allows the couple to kiss and grope each other during sex.

### **How To Do It**

The man and the woman should kneel facing each other, with the woman raising one leg over the man's opposite thigh. The man enters her and places his hands on her waist for support.

### **How to Make This Position Hotter**

The man can rub the women's clitoris for extra stimulation while holding eye contact at the same time. The man can also use his knee to help with thrusting his woman up and down faster.

### **Sex Position #26 Lap Dance**



This is one of the highest rated sex positions because of its level of pleasure. It is a versatile sex position that you can do on the sofa, on the bed, on a stool or on a chair.

### **How to Do It**

The man should sit on a sofa or a chair and then the woman sits on his lap, facing away.

### **How To Make This Position Hotter**

To make this position more intense, the woman can do circular thrusting motion instead of the usual “up and down” thrusts while playing with her clitoris during intercourse. The man can pull her hair if she’s into that also.

## Chapter 4: Advanced Sex Positions

If you want to experience extreme, crazy and exciting positions, these are the ones you should pursue. Although these sex positions are challenging and require maximum flexibility, they will make you beg for more and add some extra spiciness into your sex life. Here's a list of some of the complicated and unconventional sex positions that you should try at least once in your life.

### **Sex Position #27 Folded Desk Chair**



This sex position is intimate and requires great flexibility on the part of the woman. It is great for romance and it stimulates the G-spot. This position deepens the penetration so it is perfect for guys with a smaller penis.

#### **How To Do It**

The woman should raise her legs up towards her face in a folded desk chair position and the man should kneel in front of her, pushing her legs down with his shoulders and enter her.

#### **How to Make This Hotter**

To make this position hotter, the woman can raise her legs as high as she can. The man can also occasionally kiss her legs and vary the speed and rhythm of the lovemaking.

### **Sex Position #28 Stand And Carry.**



This position is hot because of the intimacy and strength it creates. It's also romantic and allows the couple to kiss and whisper sweet nothings to each other during sex.

This sex position is not for the faint of heart and this is only great for physically fit people. The woman must also be petite or thin, so it's easier for the man to carry her.

#### **How To Do It**

The man should stand and then carry the woman up by holding her buttocks. The woman then wraps her legs around her partner's waist and places her arms around him.

#### **How To Make It Hotter**

To make this position wilder and more pleasurable, the man can kiss the woman's breasts or lips.

This position can strain the man's back or neck so it's important to do this for no more than two minutes. It is also best to do this against the wall so the man can last longer and is able to thrust with more force. If you want take things even further, doing this position in a public toilet or a dark alley is as easy option if you're into that.

### **Sex Position #29 The Dolphin**



The dolphin is a yoga-like sex position that provides great G-spot stimulation. The woman's head is inverted during sex, which means that the

blood flow to her brain is increased, this improving the level of pleasure, excitement, and sensations that she feels during sex. This position requires moderate to high flexibility on the part of the woman.

### **How To Do It**

The woman should lie on her back and then slowly raise her back, abdomen, and knees from the bed into a bridge position. The man then kneels on top of her, holds her waist, and then enters her.

### **How To Make This Position Hotter**

To take this position to the next level, the man can lift the woman's hips higher. He can also fondle her breasts during sex.

This sex position is challenging and you shouldn't hold this for too long as the increased blood flow to the head could lead to dizziness and blackouts.

### **Sex Position #30 Wheel Barrow**



This position provides equal gender dominance, creating great G-spot stimulation and requiring high energy. This is definitely one of the most difficult, exciting, and crazier sex positions. You should try this at least once in your life.

### **How To Do It**

The woman should be in the plank position with the hands and feet on the floor with her legs slightly apart. Her partner stands behind her and grabs her legs up and penetrates her. The woman can match the man's thrusts by moving forward and backward.

The woman needs to have yoga-like strength to be able to carry her weight. She can also hold the weight on her elbows and wrap her legs around the

man's waist for additional support.

### **How To Make This Position Hotter**

If the woman is strong enough to hold herself up with her legs wrapped around her partner and the man can hold the rest of the weight with one hand, he can use his other hand to rub his partners clitoris or slap his woman's buttocks for extra pleasure. Talking dirty in this position is also a great idea due to the power and rarity of this position.

### **Sex Position #31 Deep Impact**



Deep impact provides deep penetration and can be pleasurable for both the man and woman. It is great for passionate and rough sex, including either vaginal or anal sex.

## **How To Do It**

The woman should lie on her back. Then, the man should kneel in front of her and place her feet on his shoulders, lifting her buttocks on top of his quads.

## **How To Make This Position Hotter**

He can hold up her buttocks to deepen the penetration and kiss her legs or play with her feet during intercourse. This position also gives easy access to also rub the clitoris during the moment to increase pleasure for the woman

## **Sex Position #32 Sybian**



This wild position would leave you crying out for more, requiring strength and flexibility on the part of the man.

### **How To Do It**

To get into this position, the man must lie on his back and then lift his knees, belly, back, chest, and head from the stool or bed. The woman climbs on top of him and guides his penis inside her.

This position is incredibly hard to do. To make it easier, the man can sit on a stool and then slowly bend his back and bring his head and arms down so both his feet and arms touch the ground. The woman will then climb on top of him and straddle him.

### **How To Make This Position Hotter**

This position is very powerful for the woman so it's a perfect opportunity for the woman to talk dirty to her partner. Holding eye contact will also stimulate increased sexual tension.

### **Sex Position #33 The Triumph Arc**



The triumph arch is a romantic sex position that provides great G-spot stimulation. But, it also requires a high level of flexibility on the woman's part. This is one of the most challenging sex positions. In fact, its difficulty rating is 10/10.

### **How To Do It**

The man should kneel on the bed between the woman's legs. The woman must lift her buttocks up from the bed and form an arc shape. This requires core strength from the woman.

### **How To Make This Position Hotter**

Rubbing the clitoris and talking dirty is also a perfect way to making this position more interesting

### **Sex Position #34 The Plow**



The plow is one of the most difficult and challenging sex positions. It is best for fit and athletic couples. This wild position provides excellent G-spot stimulation, because the woman's body is angled downward so it's easier for the penis to stimulate that part of the vagina. This position is also good for couples that are trying to have a baby.

### **How To Do It**

The woman should lie on the edge of the bed facing down. She should support herself with her elbows and then the man steps between her legs and lifts up her hips, penetrating her from behind.

### **How To Make This Position Hotter**

As this position is quite similar to the wheelbarrow, the man can hold the weight of his partner with one hand using his other hand to rub his partners clitoris or slap his woman's buttocks for extra pleasure. Talking dirty in this position is also a great idea due to the power and rarity of this position.

### **Sex Position #35 The Suspended Scissors**



This sex position is not only difficult it is also outrageous. But, if you want to spice up your sex life and add excitement to your lovemaking, you should definitely try this.

This position requires high levels of strength and flexibility for both partners. The suspended scissors is definitely hard-core.

### **How To Do It**

The man should stand still and hold the woman's waist for support. Then she should put one hand on the floor and the other hand on her partner's arm. She should place her legs by the sides of the man. One of her legs must intersect with her partner's leg.

This position increases the blood flow to the woman's head so it increases her pleasure and excitement.

### **How To Make This Position Hotter**

Handcuffing or tying your partners hands to the bed will definitely make things more interesting for this position as it gives the man more power, increasing the sexual tension for the woman.

## **Sex Position #36 The London Bridge**



The London Bridge is a complicated sex position that can be performed by athletic and yogic couple. This position is wild, exciting, and incredibly difficult.

### **How to Do It**

The man should lie on his back with his arms above his head, palms down. Then, while taking a deep breath, he should lift his knees, back, and head from the ground and into the yoga wheel pose. The woman then climbs on top of her and guide's his penis into her vagina.

This position is extremely pleasurable for the man because it increases the blood flow to his brain. It is also extremely enjoyable and exciting.

### **How To Make This Position Hotter**

This position is very powerful for the woman so it's a perfect opportunity for the woman to talk dirty to her partner.

### **Sex Position #37 The G-Force**



This is a daring and challenging position that provides great G-force stimulation. It's also great for both vaginal and anal sex.

#### **How To Do It**

The woman should lie on her back and pull her knees towards her chest. The man should kneel in front of her and grab her feet with his hands, while the man thrusts forward to penetrate her. To increase the level of pleasure, the woman should place her feet on her mans chest, with the man placing his hands on his partner's hips. This will give him extra power and control.

## **How To Make This Position Hotter**

Handcuffing or tying your partner's hands to the bed and maybe even blindfolding her will increase the sexual tension especially if dirty talk is involved also. Squeezing and rubbing your partner's buttocks and thighs will also induce extra pleasure for the woman.

## **Sex Position #38 The Butter Churner**



The butter churner is an intimate sex position that's best for men and woman with flexibility and strength. This provides deep penetration and superior G-

spot stimulation.

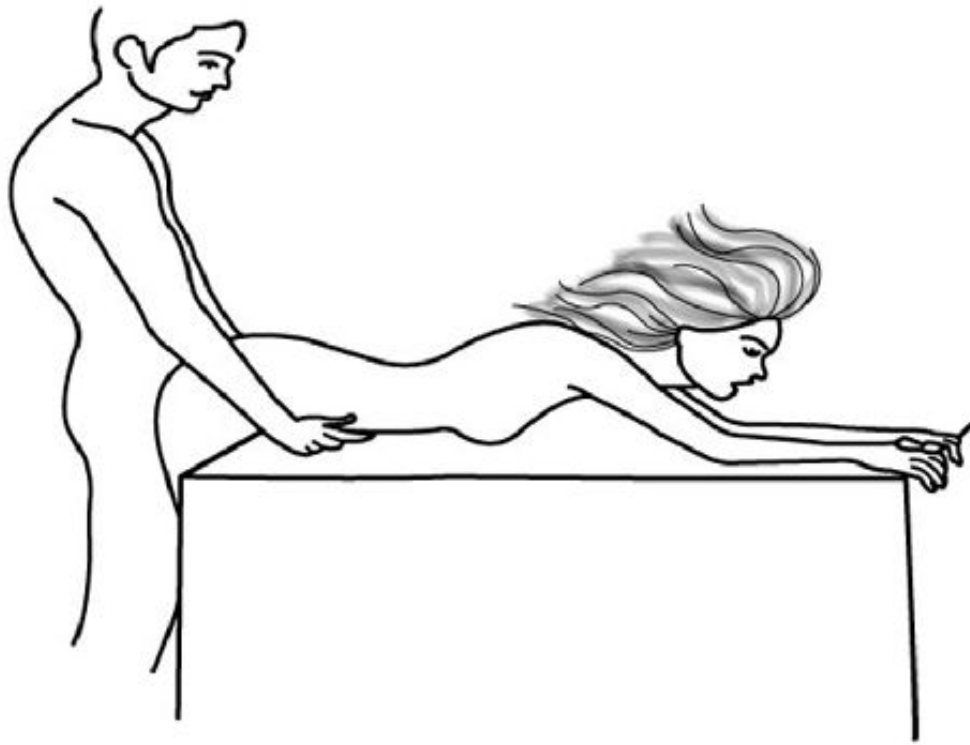
### **How To Do It**

The woman should lie down on her back and flip her legs and knees towards her chest. The man then needs to squat above her, holding her legs and entering from the top.

### **How To Make This Position Hotter**

This position is dirty and is more about focusing on hitting the G-Spot. The couple can talk dirty to each other and create an emotional connection by looking deeply at each other's eyes.

### **Sex Position #39 The Burning Man**



The burning man is one of the hottest rear entry sex positions. It is great for both anal and vaginal sex. This position tightens the vagina and improves the intensity of the penetration. A perfect position to do in the kitchen.

### **How to Do It**

The woman faces the countertop and then slowly rests her upper body on it. The man enters from behind.

### **How To Make This Position Hotter**

Slapping your partner's buttocks and thrusting fiercely against the bench is a good way to make this position hotter. The man can also lean over and grope his partner's breast during thrusts.

## Sex Position #40 Swiss Ball Blitz



This sex positions requires an Exercise Ball allowing for faster and stronger penetrations. It can easily make a woman Orgasm once the right rhythm is mastered.

### **How to Do It**

The man first sits on the ball as he would on a chair and the woman then sits on him entering the penis from behind. Once comfortable and stable, the man will then need to hold his partners waste and begin pushing him self directly up and down through his legs. It might be a good idea to place the

exercise ball close to a bed or wall so if you do fall off balance, you have something to keep you up.

### **How To Make This Position Hotter**

Mastering the rhythm is a huge skill that you will need to master, making it easier for your partner to orgasm. Maybe you can set up a foreplay situation where the man or woman is the personal trainer and the other is the client. This will definitely induce more sexual tension, as you can also talk dirty in terms of being the trainer or client also.

### **Sex Position #41 Waterfall**



This position doesn't require much strength and is easily done on a bed. For once the man will experience a head rush but this will create a higher sexual experience for him in doing so.

### **How to Do It**

In this position the man will need to lay his backside on the bed with his shoulders resting on the floor. The woman can then squat or sit on the man frontally pushing her self up and down directly.

### **How To Make This Position Hotter**

The woman can switch between facing towards her man or away. The reverse position of this would give her man a great angle of the woman's buttocks jiggling up and down during thrusts.

### **Sex Position #42 Snow Angel**



This position will hit a spot the woman most likely hasn't experienced before and who knows maybe it might be the one to make her reach climax the quickest. This position is mainly for the woman because the man cannot see her partner but it's something different and something that will definitely make things exciting.

### **How to Do It**

The woman will need to lie on her back with her legs spread out. After she is comfortable the man will need to come over the top of her and lay on his stomach with his elbows on the floor between her legs. The woman can then

hold his butt pushing the man up and pulling him down, while also thrusting her self.

### **How To Make This Position Hotter**

The woman can rub her hands along her mans inner thighs and hamstrings as this is a very sensitive area for men, creating extra sexual pleasure.

### **Sex Position #43 Seated Wheelbarrow**



The Seated Wheelbarrow is an easier version compared the standing wheelbarrow, especially for the man. To make this positions easier the

woman can put a bench or chair in front of her and rest her elbows on there instead.

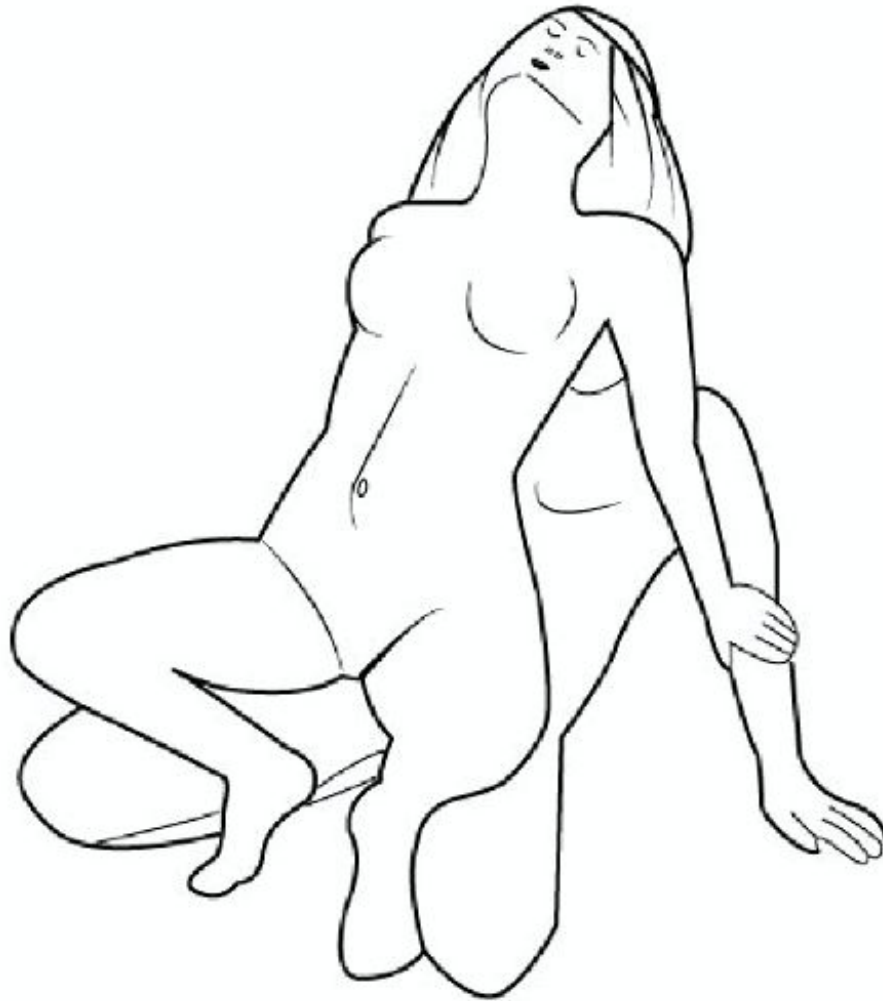
### **How to Do It**

In this position the man will need to sit down on the edge of a bed. Once done, the woman can lie on the floor in front of him with her legs spread, the man can then grab her legs and put them in-between his waist. He will need to thrust using his legs.

### **How To Make This Position Hotter**

The man can lean back and put his hands on the bed to acquire more strength by being able to use both his arms and legs to create a more powerful thrust. He can also slap or fondle with his partners buttocks.

### **Sex Position #44 Crucifixion**



The crucifixion is an advanced sex position, which targets the G-spot. The woman must have strong legs and arms to hold her self up in this squatting position where as the man can rest in this on.

### **How to Do It**

The man must sit on his knees then lean back holding himself up with his arms. Once in this position the woman can put her feet in-between her partner's legs and squat down sliding into the penis.

### **How To Make This Position Hotter**

In this position the man can lick and kiss his partner's back and neck. Talking dirty is recommended also.

### **Sex Position #45 Torch**



The Torch position is actually easier than it looks but is still for advanced couples. This one is powerful and intimate at the same time due to the eye contact that is made.

### **How to Do It**

The man must kneel on his knees like he started out in the previous position, once comfortable, the woman needs to rest her legs on top of her mans shoulders laying her back on the bed. Once this is done the man must insert his penis into his partners vagina and then lift his partner upright holding her back towards him.

### **How To Make This Position Hotter**

Making strong eye contact and kissing each other will spice things up in the position. The woman can also use her arms to pull her closer towards her partner to create deeper thrusts.

### **Sex Position #46 Reverse Plank**



The Reverse Plank is like the wheelbarrow but the man doesn't have to use as much energy holding most of the weight. This Position is great for both partners as it puts the man in power and gives him a great view of his partner's breasts from above.

### **How to Do It**

The woman must lay legs spread, with her back up right supporting herself upright with her arms. The man needs to kneel in-between her legs and lift her buttocks up with his hands. Once done the man will need to insert his penis into her vagina.

### **How To Make This Position Hotter**

Squeezing your partner's buttocks while you talk dirty to her is the best way to make this position hotter.

### **Sex Position #47 The Lock**



The lock is something for the adventurous couples that like the role of being dominant or submissive. This hits a different spot of the vagina making it very pleasurable for the woman.

### **How to Do It**

The woman will need to lay on her stomach bending her legs and heels towards her buttocks, once done she will then need to reach behind and grab her feet. Her partner can help by leading and stretching her arms and legs. It is also important to lie a thick pillow down before this, as it allows the man to get a better angle of penetration. Once the woman is sorted, the man will need to kneel down and insert his penis inside of the vagina.

### **How To Make This Position Hotter**

The man can use handcuffs or rope to tie everything together. Not only does this make things a lot hotter but also it's easier for the woman. Talking dirty

and maybe even pulling her hair could also turn you partner on that little bit more.

### **Sex Position #48 Screw Driver**



This position is a more advanced position of the doggy style. It allows deeper penetrations, ultimately making it more pleasurable for the woman.

#### **How to Do It**

The woman needs to be on all fours with her arms lying across the bed. The man will then need to kneel and place his strongest leg over the woman and then insert his penis inside the woman.

## **How To Make This Position Hotter**

The man can reach below and play with his partners clitoris at the same time as thrusting and in-between he can also slap and fondle with the woman's buttocks. Even some dirty talk while 'riding' your partner will make this position more intense.

## **Sex Position #49 Mermaid**



The mermaid position requires a lot of strength especially on the woman's side. This is a very unique and powerful position if you can master it's definitely something you should try once you are super advanced in bed.

### **How to Do It**

Both partners need to stand upright with the woman facing away from her partner in front of him. She must then put her hands behind her back so her partner has room to put his arms through and pick the woman up. Once done the woman will then need to position her legs wrapped around her partner's upper legs so the man can then guide his penis into the vagina. This position requires teamwork, so work together in trying to make this as comfortable as possible.

### **How To Make This Position Hotter**

Ways to make things more interesting could be handcuffing your woman's hands together to make it easier and at the same time boosting the sexual tension. Planning a foreplay... Maybe your partner is your dance instructor and the role-play leads to this position.

### **Sex Position #50 T-Bone**



The T-Bone is a unique sex position that is actually quite rare. This position targets the G-Spot perfectly, making it perfect for climax sex.

### **How to Do It**

Both couples need to lie down on the floor, bed or even kitchen table. The woman will need to pull her knees towards her face, however she will need to open them out and wide, opening up her vagina for easy access. Once sorted the man will need to lie across forming a T shape, he can then guide his penis into his partner's vagina.

### **How To Make This Position Hotter**

The man can bite and kiss his partner's leg and also with one hand rub her clitoris. At the same time as this, he can also talk to dirty to his partner.

### **Sex Position #51 Advanced Leap Frog**



This is a great position to do on a harder surface. Most women love doggy style, and this one takes it to a new level, making it even more exciting. Men also love this as it gives a perfect view of their partner's buttocks.

### **How to Do It**

Just like doggy style, the woman will need to be on all fours, however she will need to be planted on the palms of her feet and hands (Like a leap frog). Once in this position the man will need to bend his knees slightly and insert his penis into the vagina.

### **How To Make This Position Hotter**

Talking dirty and slapping your partner's buttocks in this position will definitely spice things up. If you're more adventurous you can also use a whip, if that kind of thing turns both of you on.

## Chapter 5: Tantric Sex Tips

We are living in a stressful world that trained us to do things fast. We are constantly running out of time. No wonder that quickies are becoming more popular.

Tantra is the art of practicing conscious and romantic sex in order to develop authentic love and passionate connection.

Here are some tantric tips that you can practice to improve your sex life:

### 1. Engage in a tantric skill

When you kiss your partner, you should try to share your partner's breath. This will make the kiss more intimate. To do this, you need to inhale when your partner exhales and vice versa. This practice will allow you to immerse in the sensations of intimacy and closeness.

### 2. Give your partner a tantric massage

The tantric massage is sensual and it improves the blood circulation throughout the body. It helps you fight stress and curb impulses, preventing premature ejaculation and helps older men to achieve orgasm.

To do this:

- Rub some massage oil on your hands and then start to massage your partner's lower back in a circular motion. Then, move your hands up to the neck. Repeat this process at least six times.
- Massage your partner's back as if you are kneading a pizza.
- Turn your partner over. Slowly caress your partner's feet using the kneading stroke. Then gently rotate each toe at least six times.
- Massage your partner's hands, neck, shoulders, and breasts.
- If you're a woman, give your partner a lingam massage. Massage your man's penis by squeezing its shaft and moving your hands upward as if you're "milking" it. Go up and down and then make circles. It is also important to stimulate the male G-spot, which is located between his balls and anus.

### 3. Turn your bedroom into a sex sanctuary

To improve your overall sexual experience, it's a good idea to turn your bedroom into a sex sanctuary. Keep it clean and clutter free and make sure you have new sheets every week. You can also spray exotic and sexy scents around your bedroom to increase your libido and sexual performance.

#### 4. Use aromatherapy

Aromatherapy has been used for many years to cure different medical conditions. It can also help increase passion, libido, and sexual intensity. If you want to improve your sex life then it's a good idea to diffuse the following essential oils in your bedroom:

- Rose – This is a romantic oil that increases your sexual confidence and self-esteem. It also increases semen production and circulation.
- Ylang- ylang – This oil has a sweet and exotic scent and it is a natural aphrodisiac.
- Sandalwood – This is one of the oldest and most popular perfume materials. It is a tension reliever and it boosts your libido.
- Neroli – This essential oil is used as an aphrodisiac in many countries. It improves confidence and reduces feelings of anger.
- Jasmine – This essential oil has a sweet smell and strong aphrodisiac qualities.
- Cinnamon – This essential oil increases your stamina and energy. If you want to increase your sexual stamina and add spice into your relationship, you should try this.

Remember that sex is not a mere act. It is an expression of love and affection. If you want to improve your connection with your partner, it would be a good idea to try the ancient tantric techniques.

## **Chapter 6: Exercises to Improve Libido, Sexual Stamina, Flexibility, and Performance**

Some of the sex positions contained in this book are complicated and challenging. To perform these positions optimally, follow the list of exercises here:

### **1. Tongue Push-ups**

This may seem funny, but your jaw or tongue could cramp up during oral sex. To prevent this, you can do tongue pushups by pushing the tip of your tongue into the front roof of your mouth. Doing this at least 10 times a day can increase your tongue stamina during oral sex.

### **2. Pranayama or Breathing Exercises**

Pranayama is a breathing exercise that can help relax your body and increase the circulation of your energy. To do this, do ten rounds of breathing through your right nostril. Use your finger or thumb to cover your left nostril. Then, cover your right nostril, and take 10 breaths using only your left nostril.

### **3. Do abs and lower back exercises**

Your core muscles and lower back muscles are used in almost every sex position. To increase your stamina and flexibility, it's good to try lower back and abs exercises. Try pushups, planks, squats, and deadlifts.

### **4. Try yoga**

Yoga is essential when practicing Tantric sex. Yoga increases your strength and flexibility. It also increases your sexual stamina and confidence. To improve your sexual performance, you should try the following yoga poses:

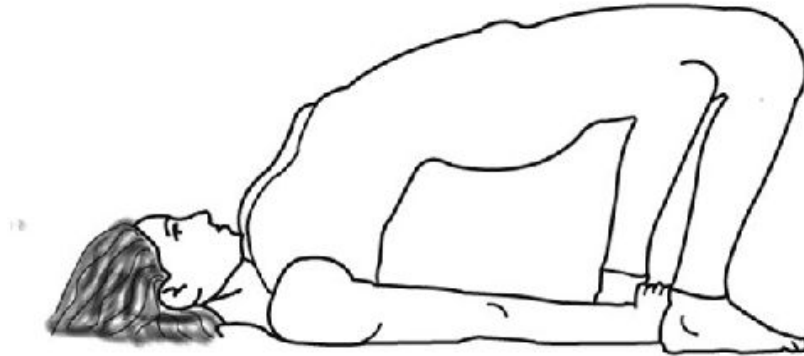
#### **1. Pigeon pose**



2. Eagle pose



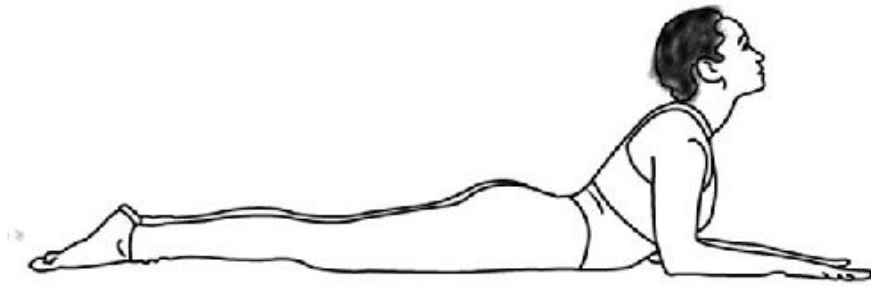
3. Bridge pose



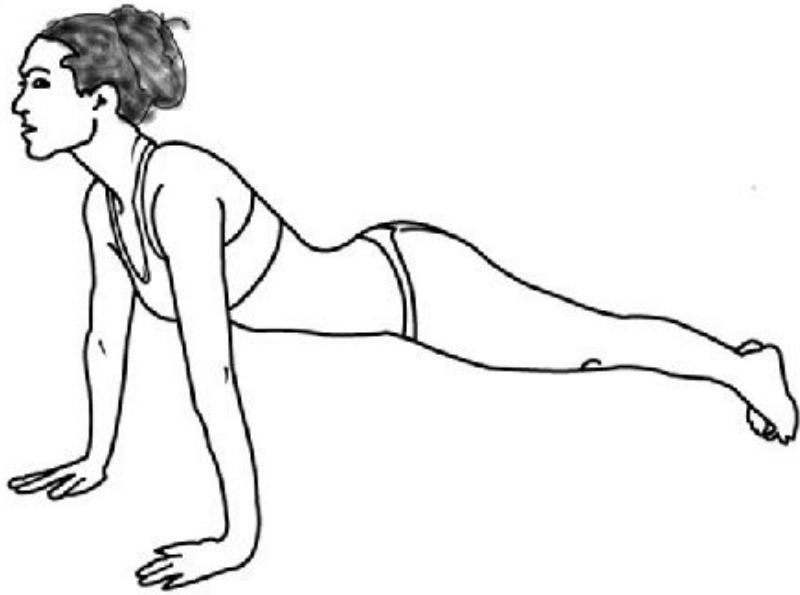
4. Downward dog



5. Cobra pose



6. Plank



7. Bound angle pose



These physical exercises don't just increase your flexibility and stamina; they also improve your confidence, which is essential in improving your sexual performance.

### **Moving from Basic to Advanced Sex Positions**

It is recommended that you begin with the basic sex positions first. That includes missionary, woman on top, and doggie positions. These are the easiest positions to try and they are also the most comfortable. When you get the hang of those positions, move to intermediate positions such as butterfly, time bomb, face to face, the right angle, and the lovelock. They require a bit more flexibility.

In the mean time you should try the exercises mentioned here in this chapter. They will help you improve your strength and flexibility. Once you feel more fit and conditioned, you can try one of the advanced sex positions mentioned in this book.

Do the easier ones first like folded chair, and deep impact. They are positions where one partner can lend a helping hand and provide support while maintaining the position. Reserve tougher positions like wheelbarrow and others for later.

### **Tips on How to Last Longer in Bed**

Sex won't be that much fun if the deed is done in two minutes. So, how do you last longer? Here are a few tips:

#### 1. Tongue Back Push

Run your tongue's tip around the roof of your mouth while keeping your mouth closed. Doing this while you're having sex will take your mind off thinking about ejaculating.

#### 2. The Snooze Button

Consider this as an instant way to stop you from ejaculating. In case you went for it too far and you're nearing the point of no return, then try this technique. There is this area in between your anus and your balls.

When you begin to climax, press on this point. Remember to hold it down as if your life depended on it. You will feel contractions down there but keep holding until you have put your ejaculation to a complete halt. Doing this will distract you from focusing too much on your genitals and thus cooling you down; making you last longer.

#### 3. Switch Your Focus

Sometimes all you have to do is to stop focusing on the sensations you are getting. You will feel the muscles in your legs and buttocks tighten, as you get closer to your peak. Maybe try to just look into the eyes of your partner instead of her body.

At this point, slow down. Go into a slow in and out motion and relax your muscles. Look at your partner and focus on her reactions to what you are doing. Keep that satisfied look on her face in your view.

#### 4. Breathe

Once you feel aroused and nearing climax, start breathing deep. Breathe slowly. One of the reasons why you can't last that long is that you rush and take really short breaths. Deep breathing using the full power of your diaphragm relaxes your muscles – especially the ones that matter down there. Take a deep breath, hold for 3 seconds and then exhale. Repeat the steps until you are relaxed and ready for another round. Eventually you last longer.

## 5. Stamina Kegels

Do regular kegel exercises but this time focus on releasing the tension in your PC muscle (the muscle between your testicles and anus). The goal here is not to build strength but to gain better control. Try flexing your PC muscle alone without any tension from the other tissues in the area. Practice 5 minutes each day until you develop the right muscle memory. Soon you will be able to release the tension in your PC muscle on demand. Doing 3 sets of 20 Reps for 2 seconds each time is a great way to start. Following this every day and slowly increasing the reps and sets will strengthen your PC muscle and allow you to have longer lasting sex.



## **Conclusion**

Thanks again for taking the time to purchase this book!

You should now have a good understanding of Sex Positions, and be able to use these positions and skills to advance and master your sex life.

If you enjoyed this book, please take the time to leave me a review on Amazon. I appreciate your honest feedback, and it really helps me to continue producing high quality books.