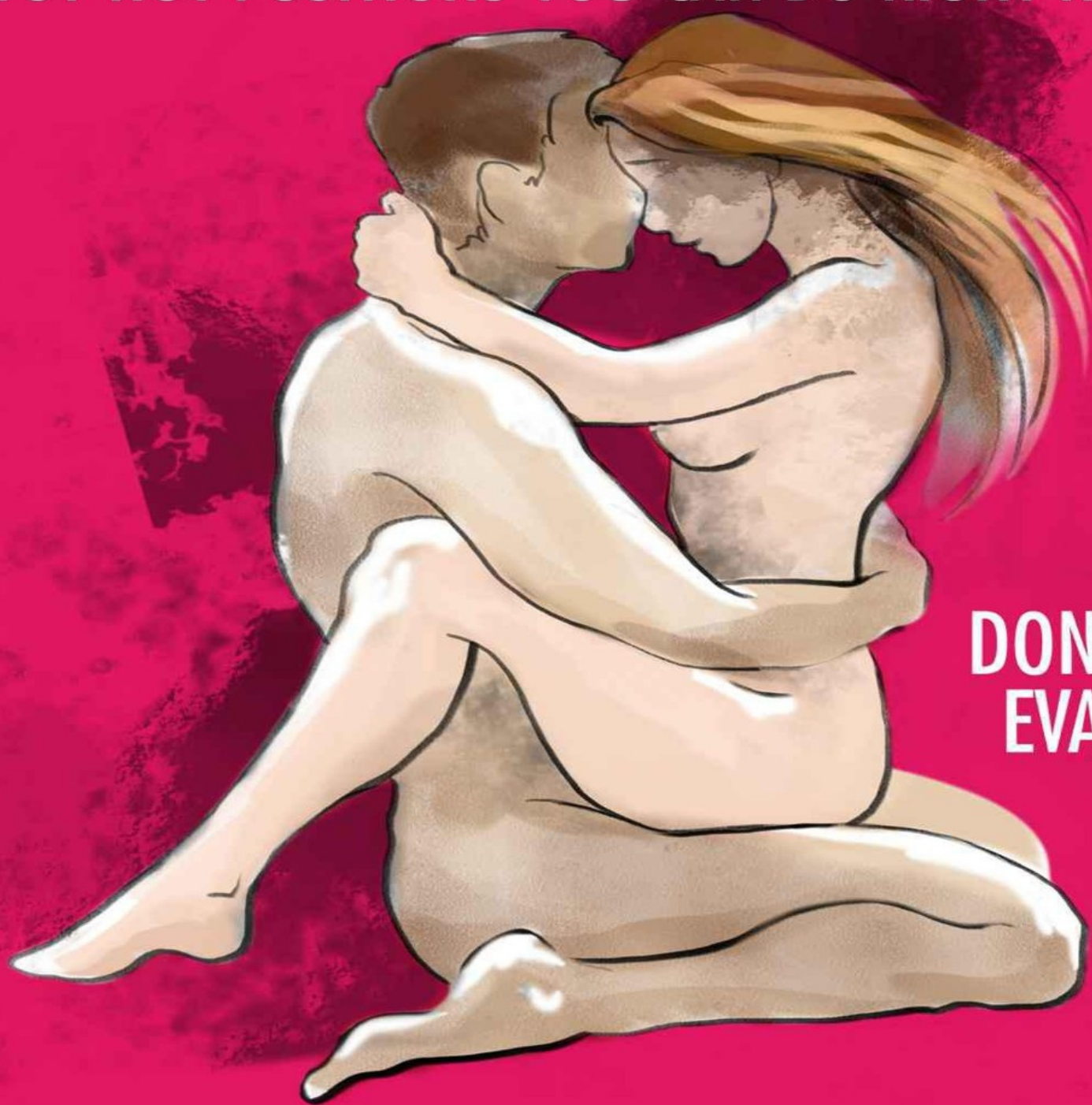


SEX POSITIONS ILLUSTRATED

101 HOT POSITIONS YOU CAN DO RIGHT NOW



**DONNA
EVANS**

Sex Positions Illustrated
101 Hot Positions You Can Do Right Now

by

Donna Evans

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Surprise Bonuses For Buying Book

BONUS

As a special thank you for getting my book, I've got a couple of surprise bonuses for you to enjoy!

Until next time! ☺

Donna

BONUS #1 - SPECIAL BLOWJOB REPORT

Since we're on the topic of sex, my friend Gordon Roswell wrote a free report called "The Blowjob Genie Pocket Guide: 7 Unspoken Details on Giving Good Head". It's hilarious and informative!

If you're a girl, it's a great read because you don't want to be like the average girl who is horrible at giving head. You want to satisfy him and make him beg you to blow him ;) And if you're a guy, you want to make sure the girl you're with knows what she's doing! Of course you don't just give her book, but you learn about the 7 details so that you can be masculine and gently teach her. Because if you can do it in a supportive way, a girl would LOVE to go down on you :) So click on the link below to get the report for free!



<http://sexpositionsillustrated.org/blowjob-genie>

BONUS #2 – FREE KINDLE BOOKS

Have you read “Fifty Shades of Grey”? Well, I have. A few times actually :) Guess you can say that I couldn’t get enough Christian Grey!

As much as I love going out and socializing, sometimes I just rather curl up and read a good romance book on my Kindle. And just between you and me, I buy a LOT of Kindle books in this genre. But how do I find the good ones? One of my favorite places to get them (and a TON of them are free) is from this website:



<http://goodsexyreads.com/bonus>

And they have a sister site for other genres as well you can check out (and also a LOT of them are free Kindle books):

<http://freekindlereads.com/bonus>

BONUS #3 – 3 CRITICAL MISTAKES TO AVOID IF YOU WANT YOUR EX BACK

Here’s another good one from Gordon that touches a very sensitive subject – getting back with your ex. I get a bunch of email from readers asking me about this kind of relationship advice and I always refer them to this report to help them with their process. If this is something you’ve always thought about doing (getting back with your ex), here are some good tips. Read away!



<http://sexpositionsillustrated.org/ex>

BONUS #4 – SHHHH IT’S A SECRET



And sometimes I won't tell you what your bonus is because it's a secret :) ok I'm just kidding, but I do like to surprise my readers sometimes. So check out this link if you want to know what else I might have for you:
<http://sexpositionsillustrated.org/secret-bonus>

INTRODUCTION

One night I was sitting on the rug in front of the fireplace with my four best girlfriends having a girls' night in. We had chocolate fondue (yum!) and champagne and talked for hours—about our careers, our lives, and our relationships. And of course that naturally led down the path of sex. I mean, what kind of night is it if we don't talk about sex?!? ☺

Some of us were single, some of us were in relationships. But either way you look at it, we loved talking about what made good sex and what made bad sex. Is it just me or does it seem like sex is everywhere? In fact, every time we were in the checkout line at the grocery store, it's hard to ignore that magazine that talked about the bazillion different sex positions we should be trying out now. And of course, I have to get that issue and talk about it with my girlfriends. And that night, we did.

And boy was that quite a conversation! We got so into it that Danni blurted out something interesting – “wouldn't it be fun if we actually tried all these different positions?” At that very moment, the light bulb in my head went off. There's 5 of us here, why don't we test each position and report back on our favorites?!?

Instantly I ran into the bedroom closet and returned with an empty shoebox. We wrote down 101 different sex positions on little slips of paper, threw them into the box, shook it up, and then randomly took turns pulling out sex positions one by one until each of us had 20 different positions. Since it was my idea, I get 21 ☺

So there we have it – each of us had our little assignments. Have sex and try each of the positions and report back. And then share it with the world! ☺ Hence, the creation of this book. Hope you enjoy reading it as much as we enjoyed making it :) Love,

Donna Evans

<http://SexPositionsIllustrated.org>

Position #1 –Up Periscope

Instructions

For this tub adventure you will only need a few inches of water to begin with, then switch the shower on so it is running gently. Ease yourself onto your side and prop yourself up with your forearm. You should then lift your leg and get your fella to straddle the other. Once he is inside of you, you can then rest your leg on his shoulder and he can use this for better leverage as well.



What She Said

“This is my favourite bath time pleasure-the feel of water gently cascading all over our naked bodies as we make love is such a turn on for me. Also, because of

*the angle of the position our groins were really able to grind together making climaxing even more intense than usual.”—Danni **Top Tip***

When he is close to orgasm, grab his testicles and give them a gentle pull and squeeze to send him over the edge with pleasure.

Position #2 –Bath Time Bliss

Instructions:

Get your man to lay back in the bath with his legs straight or slightly bent if he is too tall, and make sure the water level is at waist height. Facing his feet you should then straddle his lap and gently and slowly lower yourself onto his erection. Place your palms down and lean forwards and get your man to hold onto your butt as you have a wet and wild ride!



What She Said

“What I loved about this position is that I was able to control the depth and speed of penetration so that I was able to get the most out of our bath time fun. I

also liked the fact that we were getting clean as we were getting dirty too!”—
*Lexi **Top Tip***

Get him to massage soap all over your butt and lower back for some good, clean fun while you are steering the ship to pleasure.

Position #3 –Power Shower I

Instructions

For a really steamy shower session, stand in the shower and face each other. Grab your partner and pull yourself close to him as you then wrap your left leg firmly around his waist. He can then place his hand beneath your thigh to keep himself steady so he can enter you. He can then use his free hand to caress your face and hair.



What She Said

“I really enjoyed this position because it allowed us to get close. I also enjoyed the feeling of water pouring all over us-there is nothing that turns me on more

than passionate kissing under water. I loved the intimacy of the position as well.”—Giselle **Top Tip**

Get him to bend his leg so you can press your clitoris against his thigh-shower heaven!

Position #4 –Sexy Submarine

Instructions

For this sensual move you will need a private pool or a hot tub—if you don't have your own pool and are feeling adventurous, try borrowing the neighbours! Get your guy to sit on the second step in the shallow end and then straddle his lap so he slips inside of you. Then lift your legs so that your feet are up on the top of the stairs and get him to hold onto your thighs so you can lean backwards. Grab his calves to give you leverage as he pulls you back and forth.



What She Said

“I totally loved the feeling of weightlessness as it felt like I was able to completely surrender to the sexual moment. The feeling of my head in the water

added to the sheer pleasure of my husband's penis inside of me. A must for anyone with a pool."—Katie **Top Tip**

Close your eyes—your overall senses will be heightened and you can really let loose and enjoy the bliss.

Position #5 –The Hot Tub Hustle

Instructions

For this move you will need access to a hot tub. Once you are submerged in the water, get your man to sit on the first step of the hot tub so that he is up to his waist in hot, frothy water. Carefully straddle him with a leg on either side of his thighs and lower yourself down on his erection. Wrap your arms around his neck to give you extra leverage as you bump and grind to the rhythm of the bubbles.



What She Said

“I found this position very erotic—being submerged in the bubbling water and bobbing up and down on his lap really made my skin fizzle. I loved running my

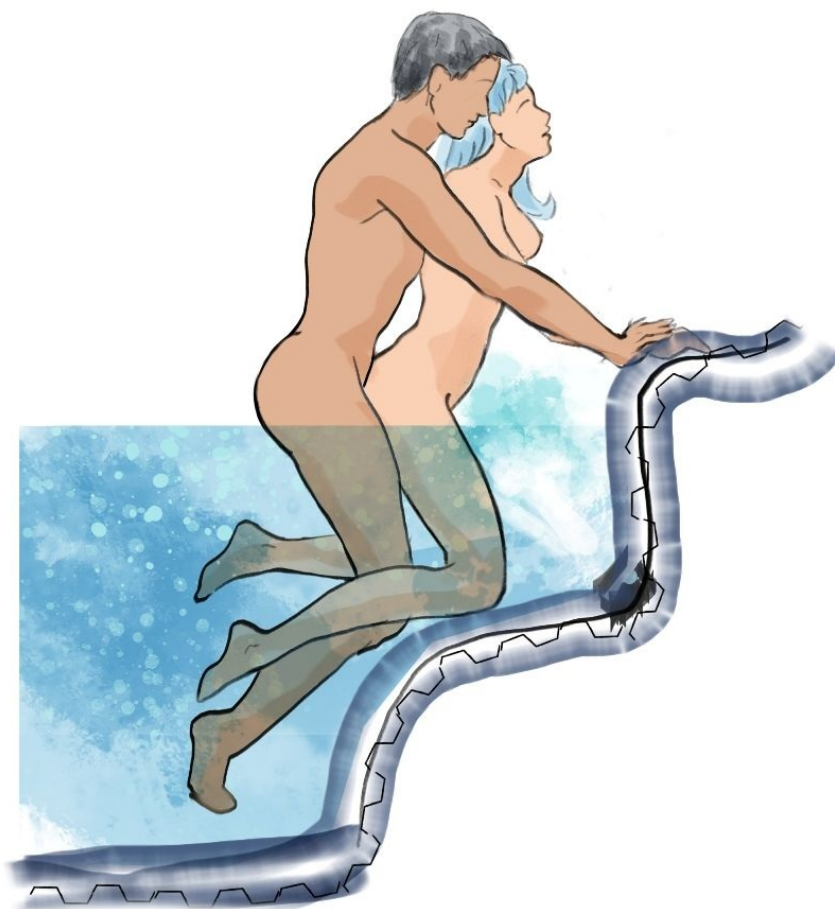
*free hands all over his wet body and he was also able to pleasure me with his fingers as I rode him. The feeling that we might get caught also added to the excitement.”—Lexi **Top Tip***

Get him to hold the small of your back so that you can lean yourself back into the frothing water-the feel of the water will make your senses come alive.

Position #6 –The Jet Setters

Instructions

You will need a hot tub for this steamy treat! Position yourself in front of a jet in the hot tub and kneel down on the step with your legs spread slightly. Get your fella to enter you from behind as you both lean forwards slightly, using the top of the hot tub to give you some extra support.



What She Said

“I loved this position, not only was it a real turn on making love in the hot tub knowing we could get caught at any minute, but the feel of the powerful jet

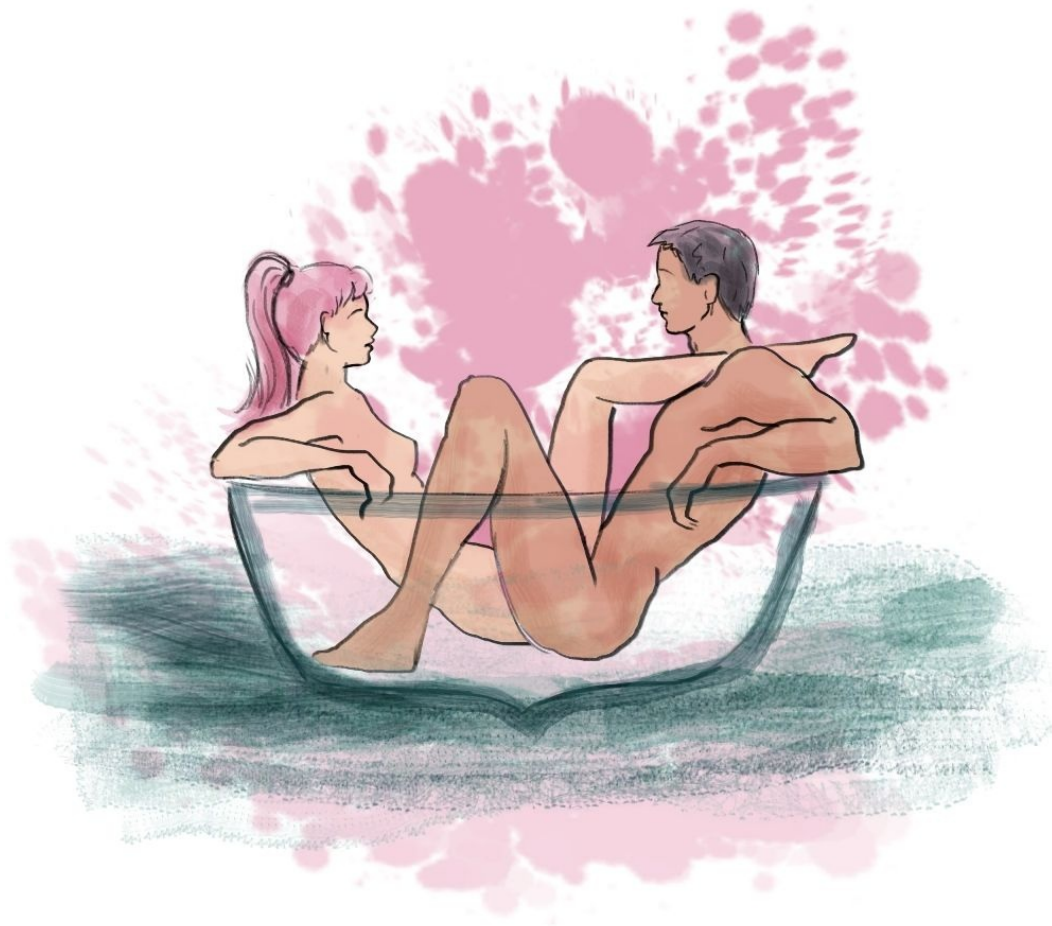
against my clitoris was amazing and gave me one of the most intense orgasms I've ever had. Everyone should get a hot tub and try this!—Giselle **Top Tip**

If the water flow gets too much then use a hand to stem the flow for a little while to give you some instant relief.

Position #7 –Rock the Boat

Instructions

This is a position for those who don't get sea sick easily! Get your man to sit against the side of the boat where he can lean back and bend his knees, opening them up and then resting his arms on the edge of the boat. You can then climb onto his lap and slide him inside. Lean back and put your legs over his shoulders, rocking back and forth in a steady rhythm.



What He Said

“I found the thought of the boat tipping over a real thrill factor and it helped to turn me on even more. It was nice to sit back and relax while she showed me the

*ride of my life. Great when you are on vacation if you are feeling naughty.”—
Jerry (Becca’s Guy) **Top Tip***

Keep comfortable by changing positions so that you are in a bear hug—it will also add to the pleasure.

Position #8 –Riding the Waves

Instructions

This is quite a difficult position and you will only be able to attempt it when the sea is calm. Lie yourself face down on a surf board with your arms and legs outstretched on either side. With your man standing at your side in waist deep water, get him to wrap his leg around the board and haul himself up like he would mount a horse as he enters you from behind.



What He Said

“This is a crazy position but me and my girl tried it once and we both found it an amazing turn on. The best bit was trying to make sure that we didn’t tip over the

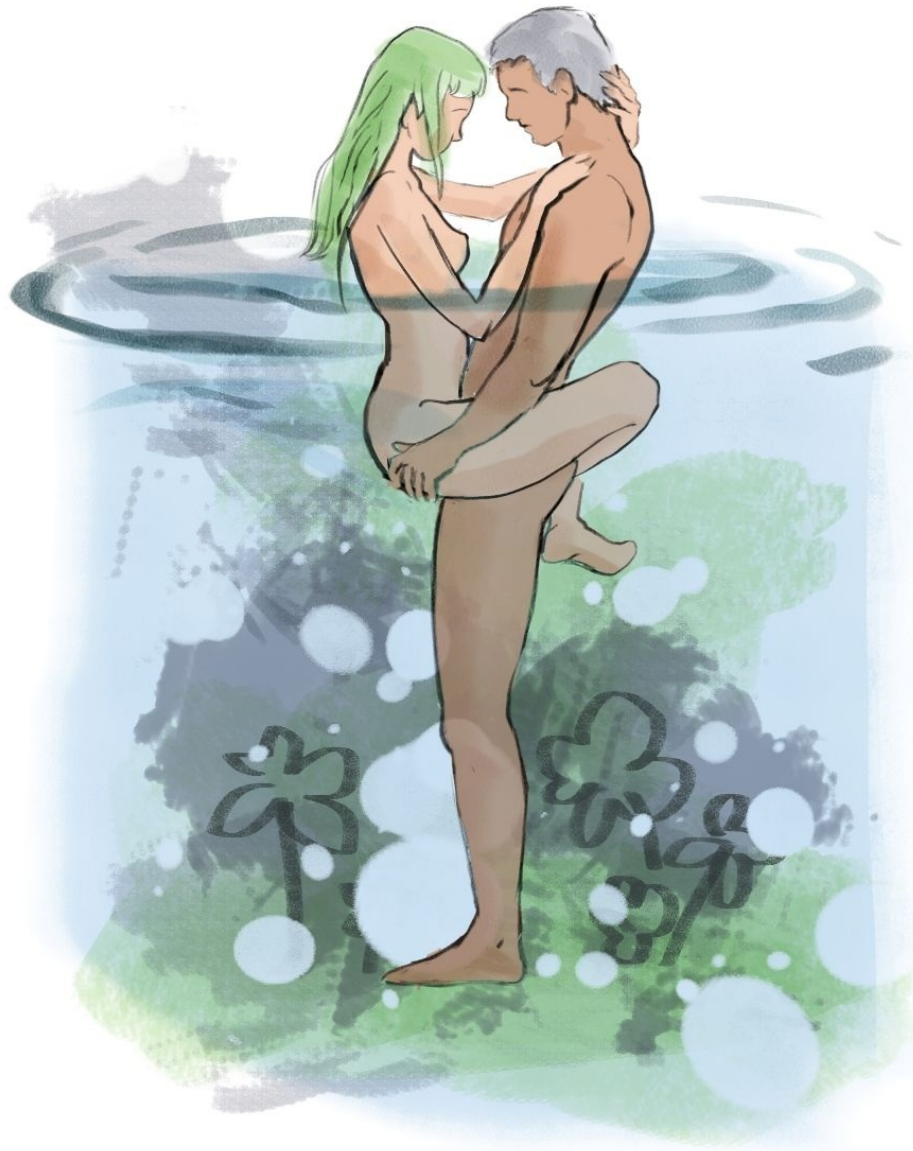
surfboard and down ourselves! I would recommend you try this, at least once.—Greg (Lexi's Guy) **Top Tip**

Avoid being wiped out by maximizing your movements for the ultimate surfing thrill.

Position #9 –Sexy Swim

Instructions

The next time you and your fella go swimming, spice things up by having a naughty under water romp. Head to the deeper end of the pool where the water is chest high before jumping up and wrapping your legs around his waist. He can then grab your butt to give you extra support and leverage as you bump and grind discreetly in the pool.



What He Said

“We tried this when we went for a swim in the sea and I found it a huge turn on knowing that anybody could have caught us—there is nothing more exciting than

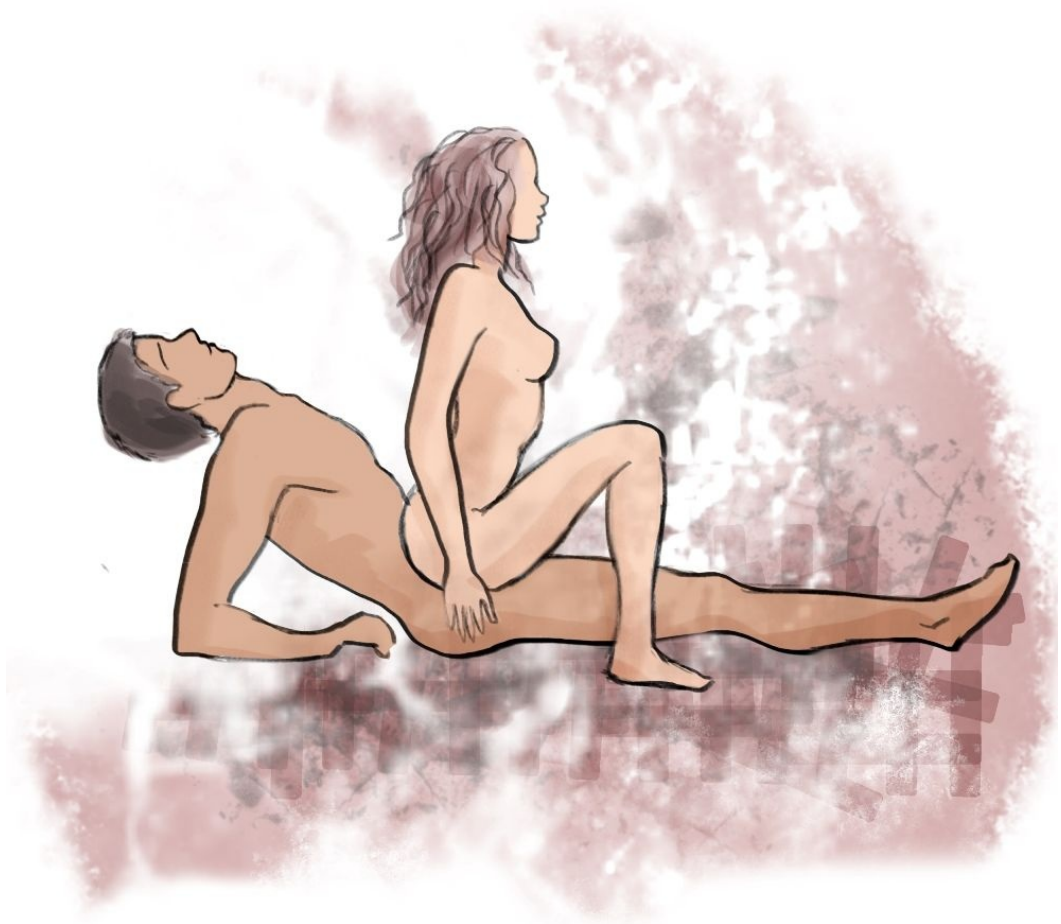
making love outside. I also liked the feeling of weightlessness and closeness that we had. Everyone should try this at least once.”—John (Danni’s Guy) **Top Tip**

Don’t make the mistake of taking your bikini bottoms off. Keep them wrapped around one ankle or you could end up finding yourself bare-bottomed – Awkward.

Position #10 –The Little Mermaid

Instructions

This one is great for when you are feeling adventurous on vacation. Get him to lie back slightly facing the ocean—he can prop himself up using his arms. You should then face away from him and slowly lower yourself down onto his erection. You can then bump and grind away as the tide laps over your feet and legs for a sensual sexy session.



What He Said

“I loved doing this position –it was so exciting. Not only did we have the thrill factor that we might get caught at any time, but watching her butt bop up and

*down as she rode on top of me really turned me on. I also liked the feeling of the waves over our bottom halves.”—James (Katie’s Guy) **Top Tip***

Change the depth of penetration by leaning forwards and backwards—remember, you are in control of his climax so make the most of it.

Position #11 –Backyard Power Shower

Instructions

If you are feeling daring, then try this position during the evening when you are less likely to be spotted by the neighbours. Stand facing the sprinkler and bend your knees slightly as you bend right over placing your hands on the opposite side of the sprinkler. Get your man to grab you around your waist and enter you from behind as the sprinkler comes alive, blasting a stream of water directly towards your groin.



What She Said

“This was a really exciting position, not only do you have the thrill of knowing that you might suddenly be discovered by the neighbours, but once the sprinkler

*starts up then the clitoral stimulation becomes almost too intense to bear! Even more powerful than using the shower nozzle!”—Giselle **Top Tip***

For a blast of bliss all over your body, set the sprinkler on rotate instead of keeping it on the stationary setting.

Position #12 –Going solo

Instructions

This one is just for her when you want to spend a little bit of time treating yourself without any pressure! Lie face down on the bed with your hands between your legs. Once you are comfortable, rub your thighs together and grind your hips up and down as you stimulate your clitoris.



What She Said

“This is great for when you need a bit of you time without your man around. I found it a big turn on and it was especially sexy playing some soft music in the

*background and with the lights down low. This position is great for going it alone for the night. I really enjoyed myself!”—Danni **Top Tip***

Use this solo act as foreplay and get your partner to watch-it will turn him on to see you pleasuring yourself.

Position #13 –The Couch Lover

Instructions

If you are feeling horny and your fella isn't around to satisfy you, then why not turn to the couch to fulfil your needs? Place a towel over the arm of your couch or stuffed chair and mount it with one leg over either side. Grind yourself against the arm of the couch, building momentum for the ultimate clitoral stimulation.



What She Said

“I found this a great turn on and I recommend this to any girl who loves steady pressure on her clitoris—I thought that the more I built up momentum, the better

*it felt against my genitals and I was able to achieve orgasm after only a few minutes.”—Giselle **Top Tip***

Get your man involved by having him enter you from behind like the doggy style while you keep your legs wrapped around the arm of the couch.

Position #14 –G-Spot Gyration

Instructions

Find your g-spot by lying comfortable on the bed on your back. Bend your legs and pull them up to your chest before you insert two fingers deeply into your vagina. Press your fingers against your vaginal canal and move your fingers in a beckoning gesture for the ultimate g-spot orgasm.



What He Said

“I really enjoyed watching my girlfriend pleasuring herself—we both found that a bit of mutual masturbation was a great way to get in the mood for an incredible

*sex session. I also enjoyed it when she let me join in with her, leading me to her g-spot with my fingers.”—Jerry (Becca’s Guy) **Top Tip***

Don’t be afraid to get the lube involved if you want a slippery, tingling exploration—it will make your orgasm even more amazing.

Position #15 –The Solo Expedition

Instructions

This one is just for you when you are in the mood for a little bit of you time. Every girl should know what turns her on; after all if you don't know then how do you expect your partner to know? With this position it is all about exploring your erogenous zones. Get yourself comfortable on a chair or bed and pick up a mirror. Spread your legs wide and pop the mirror between your legs so that you can see which areas you enjoy touching—you might also find it an extra turn on being able to see your genitals as you explore.



What She Said

“I found this great for exploring myself and finding out what I liked and what I didn’t like—it meant I could tell my fella what to do the next time we had sex.”

Every girl should try this out.”—Lexi **Top Tip**

Why not get your buzzing friend involved for extra enjoyment? And if you really want to spice things up a bit, why not try some lube as well?

Position #16 –The Rub A Dub-Dub

Instructions

Another one on one position—great for a really deep down clean! When you are in the bath why not freshen yourself up by placing one foot on either side of the bath and using your wash cloth/squeezy to stimulate your vagina and clitoris. Not only will you be extra clean, but you will have a lot of fun in the process!



What She Said

“This position really makes bath time much more fun! I loved just lying back in the bubbly water and getting down and dirty with myself! It’s also great for

getting yourself in the mood before a hot sex session with your partner.”—Katie

Top Tip

Why not invest in a water-proof vibrator to make bath time even more eventful?

Position # 17 –The Typewriter

Instructions

This is one you can do with or without your partner-whichever you prefer. Lie on your side and with your legs open, use your fingers to pull back the labia of your vagina before applying a drop of lubricant to your exposed clitoris. Then either you or your man can tap away at your clitoris for gentle stimulation.



What He Said

“I liked watching her stimulate herself and when she asked me to join in I found it a total turn on—great for getting warmed up before sex.”—John (Danni’s Guy)

Top Tip

To really get your clitoris fizzing, why not use different kinds of lube to create a variation of senses.

Position #18 –The Clit Tease

Instructions

Another one to try out when you are on your own—sit down comfortably on the floor or the bed and, from your seated position use your finger to circle your clitoris for a stimulating tease that will have you tingling from head to toe.



What She Said

“This is really great if you are into clitoral stimulation—I found that I could also get my man involved if I didn’t feel like going it alone. I was able to show him

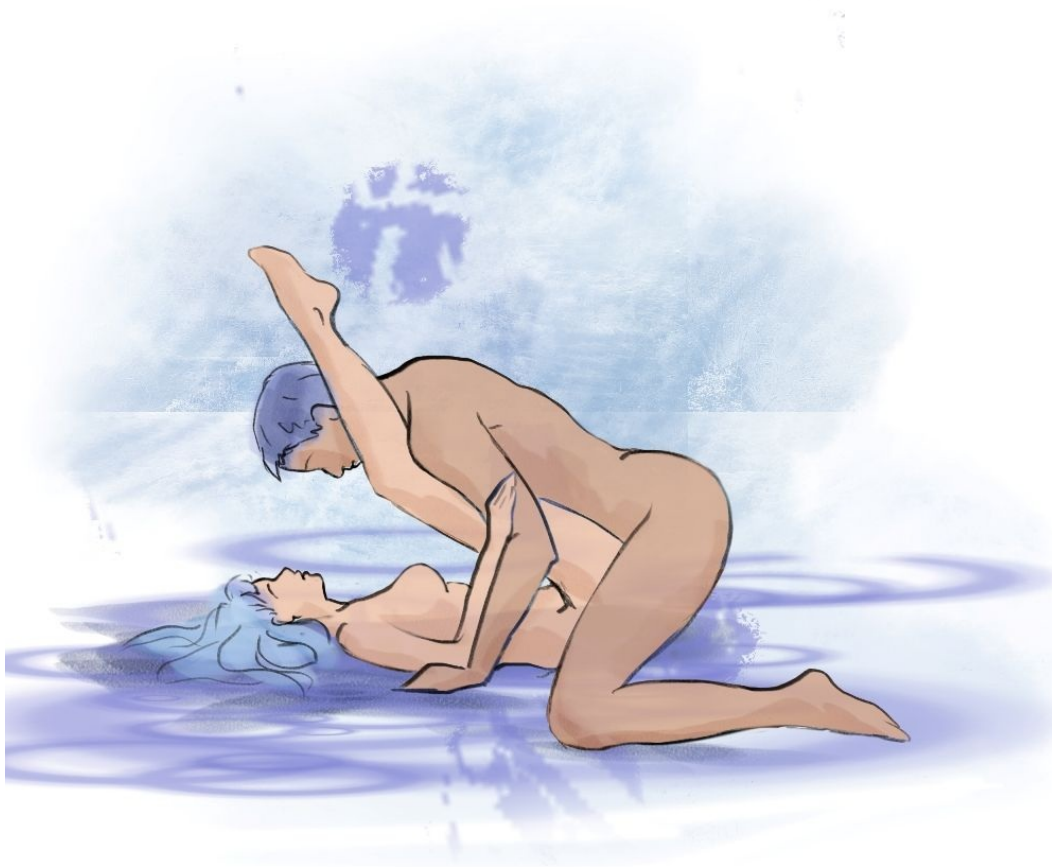
*what I liked and then he could have a go. It turned me on having him watch me pleasure myself as well.”—Danni **Top Tip***

This is a great opportunity to get your dildo out—adding vaginal penetration to this move with have you howling to the moon.

Position #19 –Rock ‘n’ Roller

Instructions

For a sizzling sex session, choose a flat area such as the kitchen table –or even the floor- lie on your back and bring your knees up close to your chin. Your man should then lie on top of you while you bring your calves up onto his shoulders and enter you just like he would in missionary. Grab onto his upper arms to give you extra leverage and ensure that his palms are flat on the surface to give him support as he begins to thrust.



What She Said

“I felt so turned on because of the openness and vulnerability of this position and because he could thrust so deep, I was able to reach an even better climax

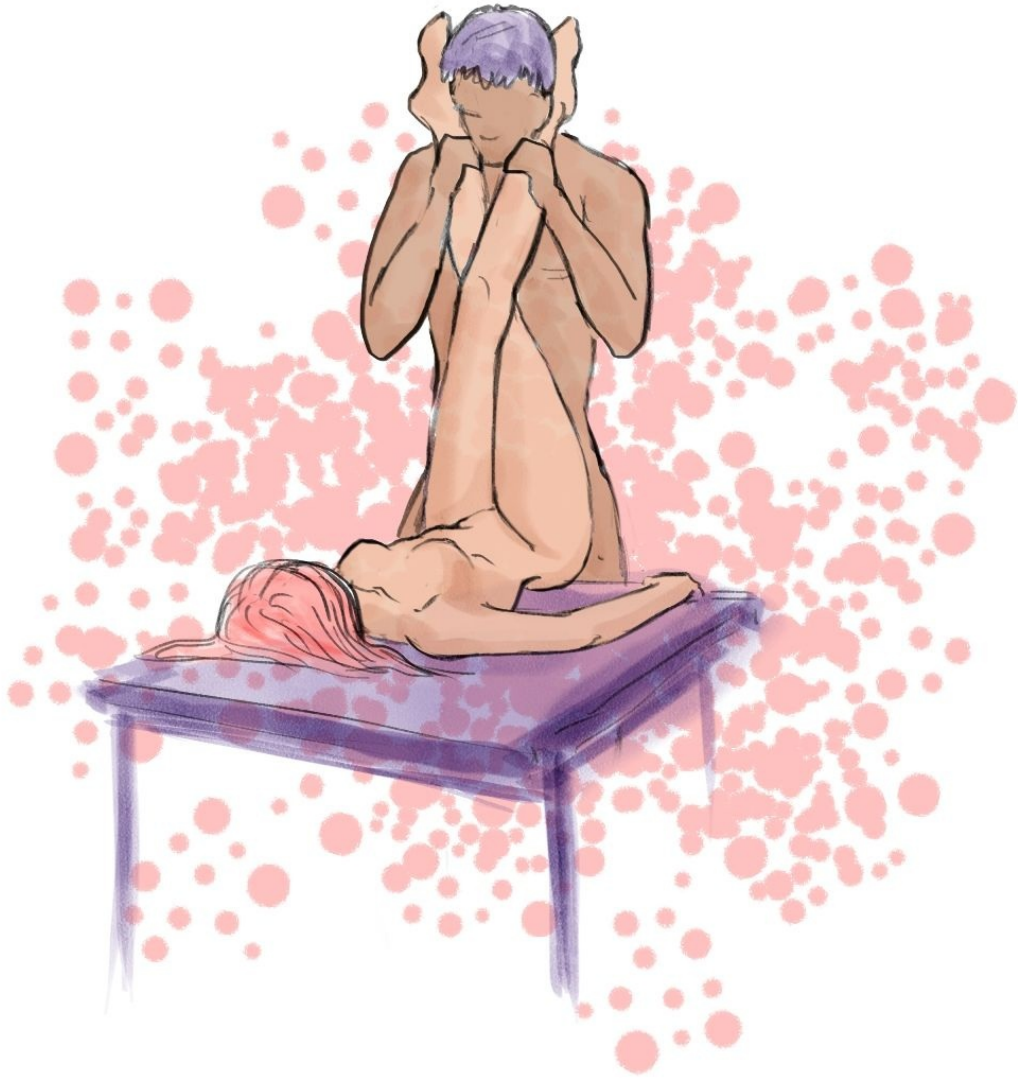
*than usual. I also found it a good position to try because we were face-to-face so that we could still kiss and be intimate.”—Katie, **Top Tip***

Use one hand to support yourself while you let the other hand explore his body – it will drive him wild!

Position #20 –Sensual Scissors

Instructions:

Lie on your back on a sturdy table top and ensure your hips are at the very edge of the desk. Then you need to experiment with your flexibility and raise your legs to a 90-degree angle and get your man to catch your ankles. Get him to extend his arms to his sides and while your legs are spread, he enters you standing up. To get the pulses flowing, he should then cross and spread your legs like scissors, making sure that he opens and closes them as he thrusts in and out.



What He Said

“What I liked the most about this position is that you get such a super snug fit one moment, and then the next, you spread her legs and she is wide open so that

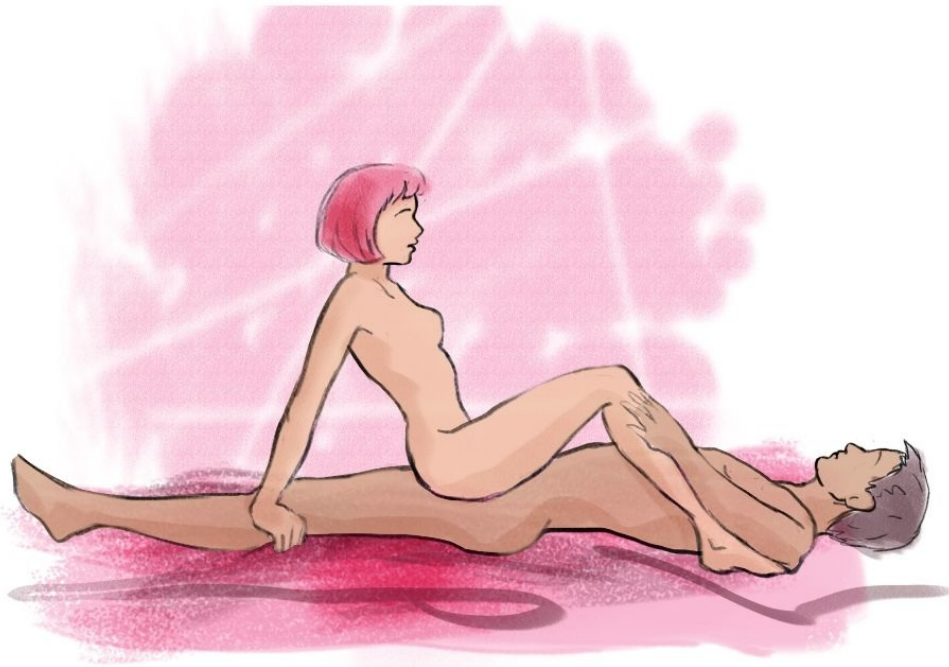
*I can thrust even deeper. I also found it a turn on to see her shivering in pleasure.”—James (Becca’s Guy) **Top Tip***

Have an even more blissful experience by getting her to use her free hands to stroke her own clitoris—a turn on for both of you.

Position #21 –The Gear Shift Position

Instructions

Get your guy to lay back on the bed—or the floor if you prefer—with his arms above his head. Get yourself on top of him and push your legs straight out so that your feet end up on either side of his shoulders. Use the floor as leverage and swivel your hips in figure eight movements as though you are moving his penis as you would a gear stick or a video game joystick.



What She Said

“As an independent woman in the bedroom, this position allowed me lots of freedom to move and twist however I wanted. It is also good for controlling the

*direction, speed and the overall level of intensity. My man loved the fact that my breasts were bouncing all over the place as well!”—Danni **Top Tip***

Surprise him even further by varying the way that you swivel your hips—if he doesn't know what is coming next then it will turn him on even more.

Position #22 –Roller Coaster Madness

Instructions

As he gets comfortable on his back, she should face away from him as she straddles over him. She places her hands on his hips so that she can grind into him to increase sexual tension. Imagine that you are slowly climbing to the top of a roller coaster. At the best angle, she can then increase speed while varying the depth of penetration. She can then lean back placing her hands next to his sides until her back is against his chest. Then start the ride all over again as she pushes herself back up. Continue until you are both satisfied.



What He Said:

“I liked this position because I was able to do some role playing as I couldn’t make eye contact with her-it turned us both on. The best bit was when she leant

backwards and I was able to touch her breasts and clitoris. I definitely recommend this position.”—Jerry (Becca’s Guy) **Top Tip**

Feel free to play and tug at his testicles as you ride him, it will drive him wild!

Position #23 –Sex With a View

Instructions

Get her to lay down on a flat surface—the bed or the floor will do—and use one arm to prop up her head. She can then stretch one leg out along the bed and extend the other leg right up into the air. He can then straddle the leg still on the bed and enter while holding up the other leg or resting it against his shoulder, whichever satisfies his passion the best.



What He Said

“I found this position really hot. I was able to penetrate her deeper than usual while using up and down motions. We both had the best orgasm we have ever

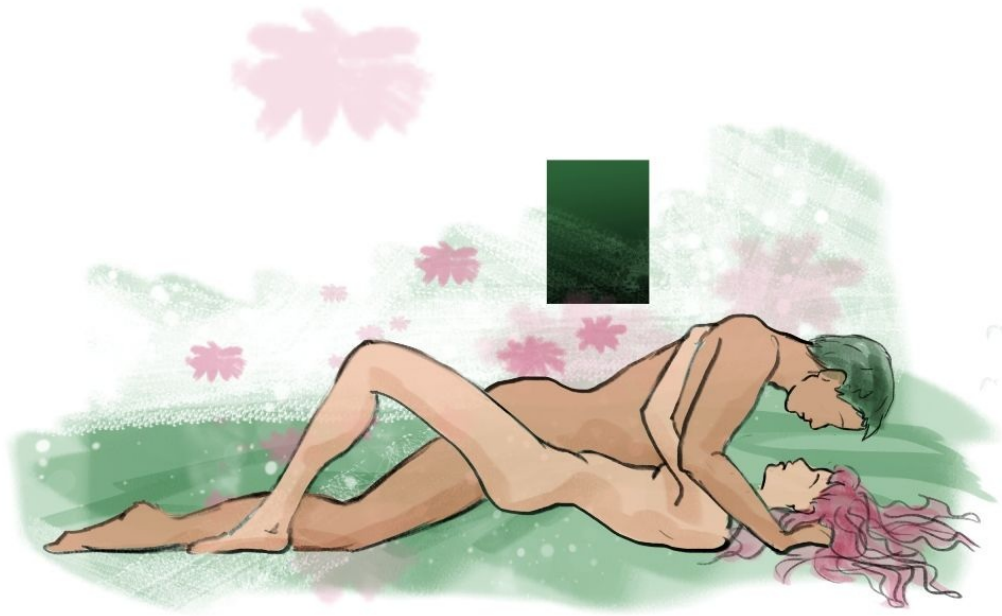
*had before using this position.” Greg (Lexi’s Guy) **Top Tip***

To really turn him on, run your free hand across his chest and carefully play with his nipples—he will love it!

Position #24 –Tingling Triangle

Instructions

It might look a little bit like the missionary position; however there is an exciting twist which will get you both tingling with anticipation. While he lies on top of her, he should then go up onto all fours. She can then raise her pelvis up to meet with his penis and while he holds the pose, she can then move herself up and down to really turn you both on.



What She Said

“Even though I was on the bottom, I was still able to take control by lifting up my pelvis. It meant I could control the timing and speed. I also found it a turn on

*telling him to stay still so that I could play with the depth of the penetration. I recommend this to everyone.”—Danni **Top Tip***

Tease him and please him by thrusting halfway into him, then when he is not expecting it, go all of the way for an instant pleasure rush. Delicious!

Position #25 –Madame Butterfly

Instructions

The way to make this position work is to line yourself up right with your fella. Find a place where you are able to lay down and he can stand in front of you. It must be a place where your pelvis can be a foot lower than his, so try your bed, a desk or even the hood of your car. You should then lift up your legs and place them on his shoulders, tilt your pelvis up so that your back forms a line and you both meet. He should then put his hands under your hips so he can hold your butt to get the best thrusting angle.



What She Said

“This position is best for a great orgasm without using too much energy! Because of the way my pelvis tilted up, he was able to build up a friction which

felt like butterfly winds—I had the best orgasm I’ve had in ages!”—Katie **Tip**

Heighten the pleasure further by using your free hand to stimulate your clitoris—this will turn him on as well as you.

Position #26 –Couch Tangle

Instructions

Get your man to sit himself down on a couch. You can then straddle over his lap with your legs wide apart and bend your knees up to his chest. Then carefully lean back so that you can stretch your arms behind you to the floor, almost like you are upside down. You can use your arms to keep your balance as you thrust yourself backwards and forwards against him.



What He Said

“This position was right up my street as I had a great x-rated view as she worked her magic on top of me. I also liked the fact that she was in control and I

didn't have to worry about the timing-she was able to satisfy herself and I didn't have to lift a finger!"—Andrew (Giselle's Guy) **Top Tip**

To send his ecstasy over the edge, just as he is about to come, squeeze your PC muscles as hard as you can to really make him groan.

Position #27 –Ride ‘em Cowgirl!

Instructions

Get your man to lay on his back and, facing him slowly lower yourself onto his penis while you are kneeling. Keep your knees on the bed and then wrap your feet around the insides of his legs so that you are able to lean towards him and grab hold of the sheets by his head. Use the sheets and your feet as leverage as you tilt your pelvis and squeeze your butt to pure pleasure.



What She Said

“This is a great workout, but only attempt it if you are in the mood for doing all of the hard work! I did like being able to keep a good rhythm going by holding

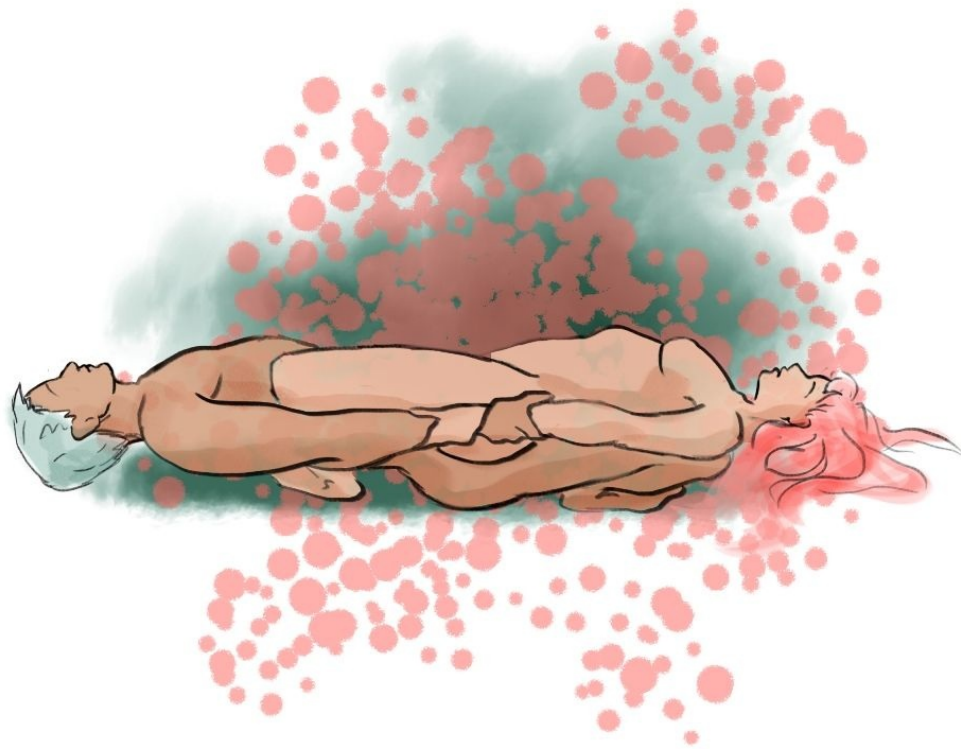
*onto the sheets and I found it easier to reach orgasm this way. I found that my clitoris really rubbed against him as I grinded away.”—Giselle **Top Tip***

Move in quick, controlled motions to keep your parts in contact with each other's so that you feel even more connected than usual.

Position #28 –Tug ‘o War

Instructions

Get him to sit cross legged on the bed and then climb on top of him. Ease yourself gently down onto his erection and wrap your legs around him. Once you are sitting facing one another, grab each other's elbows and use each other for leverage as you lean backwards-a little bit like a game of tug of war. If you are really flexible, tilt your head back and rest it all the way on the bed-make sure you keep still and concentrate on your connection with one another. Not for the faint hearted!



What She Said

“I loved this move because it was so intimate, I really felt connected with my partner even though we were only able to keep it up for a few minutes. But that’s

*all you need with this position, we worked it into our usual love making and found that it was a great way of building up the anticipation.”—Becca **Top Tip***

Use your arms to pull yourselves even closer together-the closer you are, the more erotic the position will feel.

Position #29 –Stand to Attention

Instructions

This is a classic erotic position that will drive you and your man wild-although he will need some good upper body strength for this one. Lean against any wall with your legs spread slightly and face your man. He should then grab your thighs, holding them against his hips and lift you up and back against the wall for support. Then lean back and let him thrust you to orgasm.



What He Said

“I love getting her up against a wall and showing her just how strong I can be—it’s a really great position for showing her that you are in control and I found it a

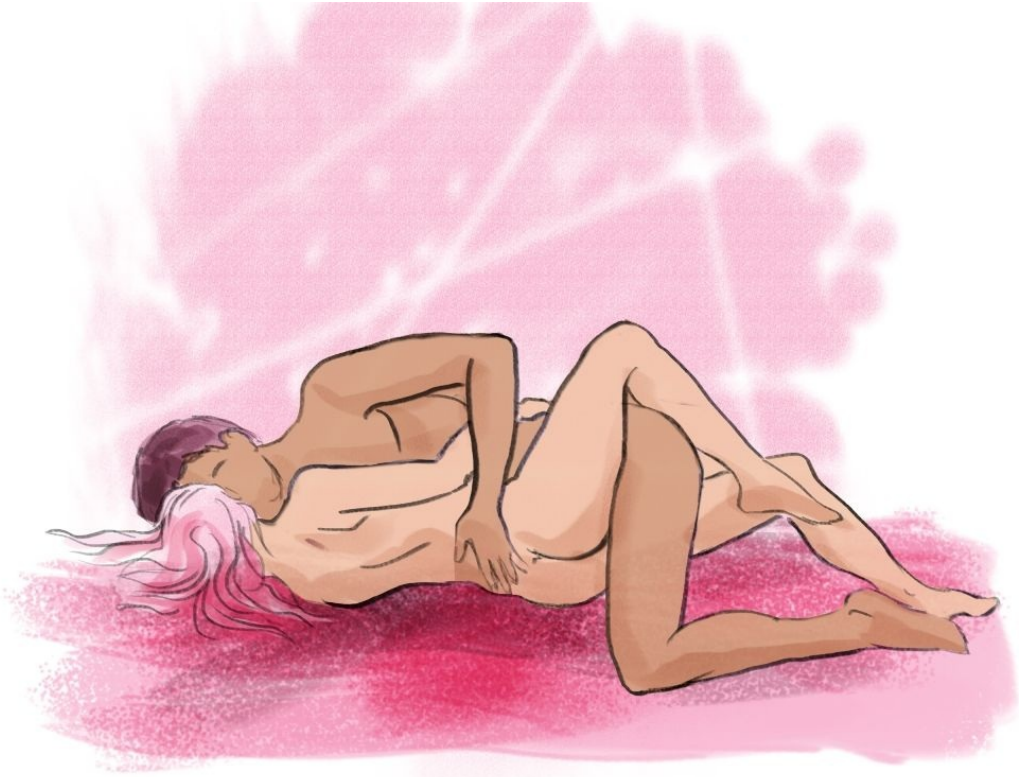
real turn on that she was relying on me for support and pleasure. Doing it in a public place will add to the excitement as well.”—Andrew (Giselle's Guy) **Tip**

Get to the gym and pump some iron—the better your upper body muscles, the better this position will be for you both.

Position #30 –Incy Wincy Spider

Instructions

Both partners should lie on their sides and face each other on the bed. Lean close to each other and then she should scissor her legs in between his so that you are both as close as possible and he is able to get deep inside of her as he enters. Hold onto each other for leverage and friction as he thrusts in and out.



What She Said

“I really enjoyed this position as the way that our bodies fell together allowed us to get close and really grind away. And because it is such a tight fitting position,

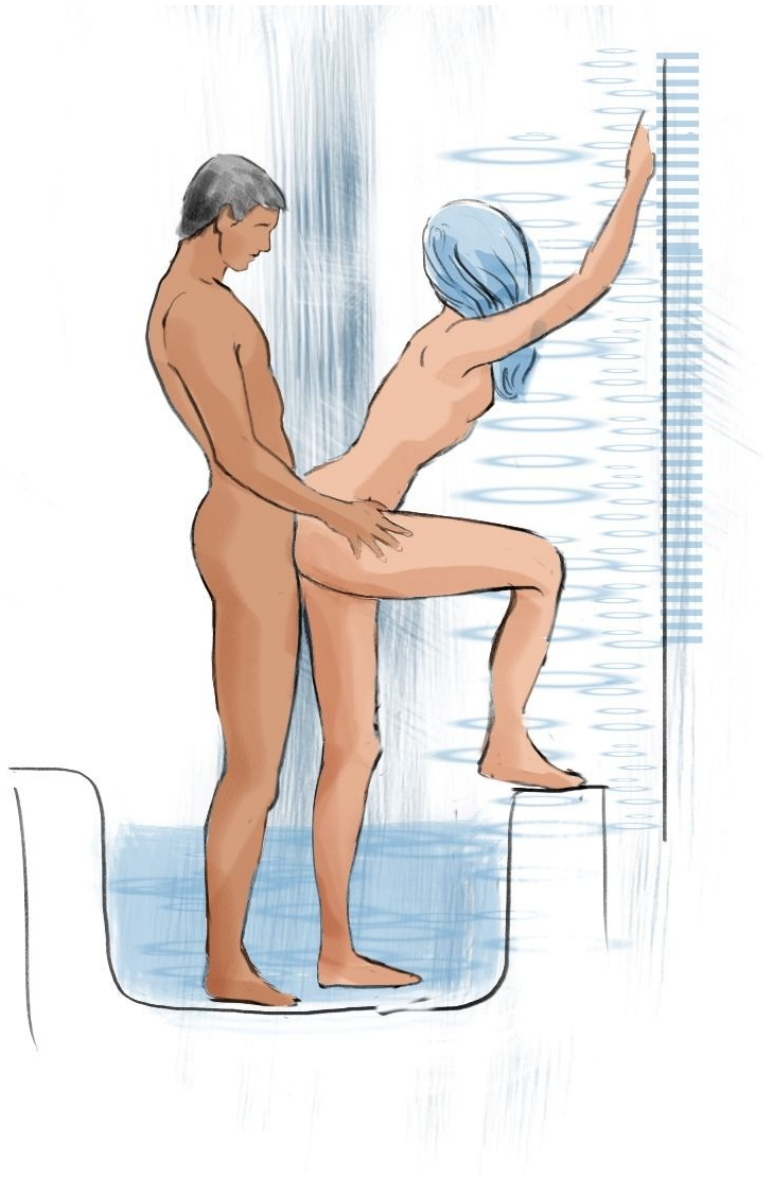
*I found that it created a lot of built up tension that we were able to release by kissing and stroking each other. He also enjoyed my running my fingernails down his back.”—Becca **Top Tip***

Look deep into each others eyes while in this position and make use of dirty talk (or “I love you” if appropriate).

Position #31 –G-Spot Jiggle

Instructions

Get comfortable on your back then pull your knees up to your chest. Get your man to kneel in front of you and grab hold of your feet. He should then enter you, using his hips to thrust forward. To really intensify the action, put your feet on his chest and get him to hold your hips so he can thrust even deeper.



What She Said

“This position really gives him all of the power, but it is worth every single second as the deep penetration really hit my g-spot. Not only does this position

allow him to easily graze your spot, but he can also use his fingers to stimulate your clitoris as well-the perfect sexy treat. I recommend it to every girl!”—Lexi

Top Tip

Use your facial expressions to give him a thrill by letting him know just how much you appreciate all the work his is doing.

Position #32 –V for Victory

Instructions

Get yourself comfortable on a counter and get your man to face you. He should bend his legs slightly and a three foot space between. Put your arms on his shoulders and get him to put his arms around the bottom of your back so that you can then pull up your right leg and put your foot on his shoulder. Do the same with your left leg.



What He Said

“I couldn’t believe how flexible my girlfriend was, it was the ultimate turn on to see her bent in such a sexy position. I will forever see her as my sexy goddess of

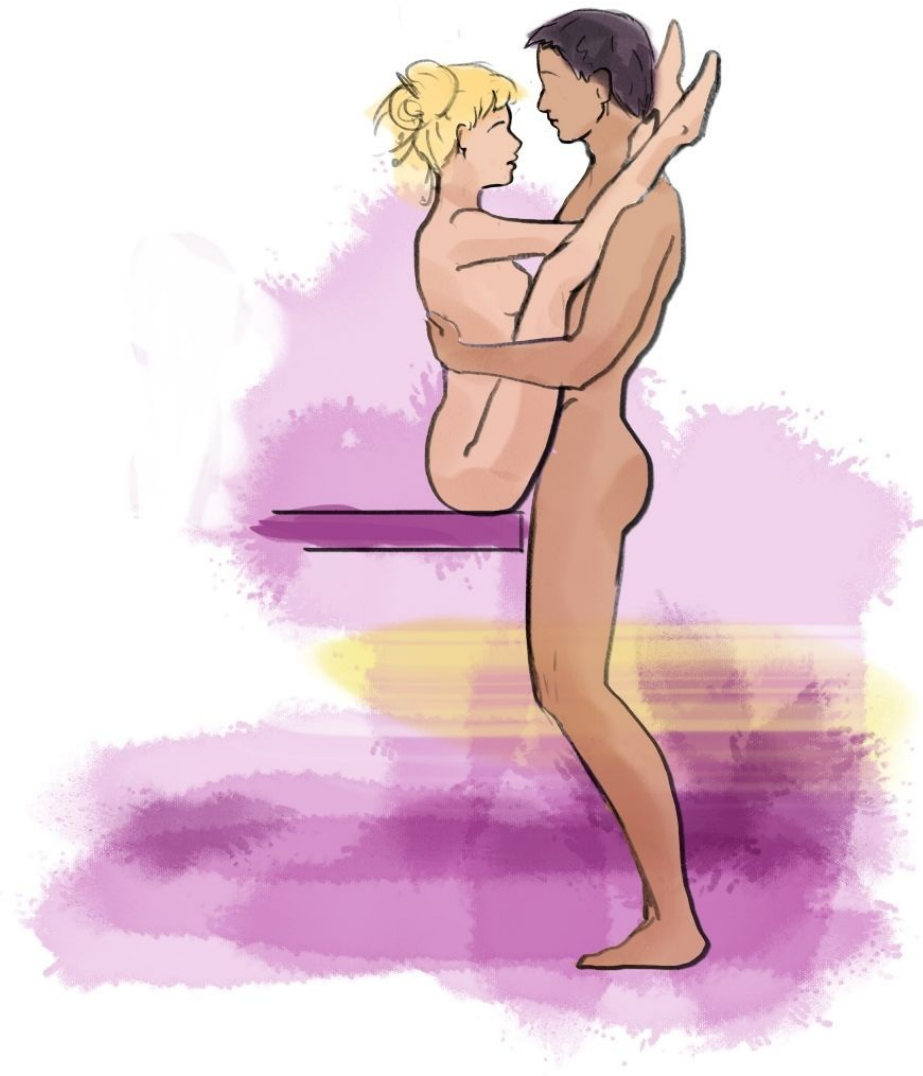
*incredible positions. I urge any guy to get his girl to try this!”—John (Danni's Guy) **Top Tip***

Run your fingers through his hair to get his pulse racing and his skin tingling-it will heighten his pleasure intensity.

Position #33 –The Lover’s Embrace

Instructions

Begin in the missionary position and then gently roll onto your sides using your arms for support and making sure that you are still entwined together. She can then slip her leg over his inner thigh for extra leverage and then together both partners will be able to gently thrust for sensual, teasing pleasure.



What She Said

“I like this position because you don’t have to be a contortionist to do it! It is a great position to try if you are new to doing more than just the missionary-I

found that you can be much more intimate as well as you can fully wrap your limbs around each other. It's a great way to make love."—Katie **Top Tip**

Use your hands to explore each other's body and be as creative as you like— nibble, lick and kiss each other's necks for extra pleasure.

Position #34 –The Black Swan

Instructions

This is a position you can both try whilst standing up and it can take a bit of practise to get it right-so make sure you are both patient! Get your guy to stand in front of you-for extra support stand near a wall-then while facing him, stand on one foot and wrap your other leg around him while he supports you with his hands and enters you.



What He Said

“What I like best about this position is that she is reliant on me to keep her supported as we both thrust and grind together. It is a real turn on knowing that

*at any moment, if we don't get it right we could go tumbling over!"—James (Katie's Guy) **Top Tip***

If you are uber flexible, lift your leg and place it on his shoulder-it will give deeper penetration for an incredible sensation.

Position #35 –The Hogwarts Express

Instructions

Lay down flat on your bed and then lift yourself up into a partial bridge position by using your shoulders to support you. Your partner should then kneel in front of you and, while holding onto your thighs, enter you slowly. Watch out for silk sheets-you don't want to go sliding right off the bed!



What She Said

“This might not be the easiest position in the world, but it is one of my favourites because from this angle, not only does he manage to hit my g-spot but he is also

able to massage my clitoris with his public bone-it's spine tingling."—Becca **Tip**

If you're feeling brave, throw one of your legs up over his shoulder so that he can penetrate you even deeper.

Position #36 –The Space Hopper

Instructions

This one is not for the faint hearted! If you're feeling adventurous, lie back on the bed and bend your legs as far as you can over yourself so that your ankles are on either side of your head. Once you are in position, your man can then squat over you and dip his penis in and out for sizzling pleasure.



What She Said

“This isn’t the easiest position I have tried but it gives you the most amazing orgasm ever especially with all of the blood rushing to my head! He is also free

to stimulate your clitoris and another bonus is that you can maintain eye contact at all times. I love the sensation of his penis dipping in and out as well.”—
Giselle **Top Tip**

Tingle more of your senses by getting him to dribble warm melted chocolate or honey in your open mouth to get your pulse racing.

Position #37 –The Giddy Up Cowgirl

Instructions

If you want to try something new but don't want to put your back out doing it, then try this position which is a step up from the woman on top. Get him to lie on the bed with his knees slightly bent while you straddle over him with your knees on either side. Lower yourself onto his erection until he had fully entered you then use your pelvis to move back and forth or bounce up and down. You can also lean back onto his knees for extra support.



What He Said

“I love this position as I can just lay back and relax while she does all of the work. It gives me a great view of her breasts as well and I am free to stimulate

*her clitoris and the rest of her body while she bumps and grinds on top of me.”—
Andrew (Giselle's Guy) **Top Tip***

For varying sensations widen your knees then bring them closer to his body for a thrilling ride.

Position #38 –The Victory Position

Instructions

Starting off in the missionary position, slowly bring your legs up in the air on either side of him. If you feel a little bit shaky, use your hands to steady your airborne penis and enjoy the sensation as he is able to penetrate deep and stimulate your vulva.



What He Said

“I enjoy this position as I feel like I am able to get even closer to her and much deeper than normal. I love it when she grabs her ankles and pulls her legs even

wider apart-it is a big turn on for me. I have also found that she reaches climax a lot quicker in this position.”—Greg (Lexi's Guy) **Top Tip**

Great for improving flexibility-loosen your limbs up pre-coitus by engaging in some relaxing yoga which is beneficial to both.

Position #39 –Downwards Facing Dog

Instructions

Lie down on the bed on your stomach with your legs straight and your hips slightly raised. Your fella should then enter you slowly from behind and use quick, shallow thrusts to send your pleasure into orbit. Similar to 'doggy' style, this position is a little easier and guaranteed to turn you on.



What He Said

“I like this position because it allows me to fantasise about different things, and because she is facing the bed I can even imagine that we are having anal sex. I

*also find that it is quite a tight fit in this position because she keeps her legs closed meaning that it is much more pleasurable.”—James (Katie's Guy) **Tip***

To enjoy the passion more and to last longer, take deep breaths and make sure your thrusts are shallow.

Position #40 –The Dog-Mod

Instructions

This is a modified version of the good old fashioned doggy style position. Get on your hands and knees on the bed, but instead of staying upright, lean your arms and head towards and rest them on the pillows so that your body is bent over. A much more comfortable version for her.



What She Said

“I like this alternative to doggy style because I have found that he can thrust even deeper than normal. I also enjoy it more because I am able to relax down

*onto a pillow rather than being on all fours-I find it much more enjoyable this way. I would recommend this to anyone.”—Lexi **Top Tip***

From this position you are free to stimulate your clitoris for an extra steamy session, or better yet get him to reach down and do it for you!

Position #41 –Twisted Pretzel

Instructions

Lie down on the bed on your right side and get your man to straddle over your right leg. As he slowly and gently enters you, he should wrap your left leg around his side to create a 'pretzel' shape. This position allows you to still benefit from deep penetration and eye contact.



What He Said

“I enjoyed this position because I was able to thrust deep and I was also able to easily get to her clitoris with my fingers so she could enjoy it more. I liked

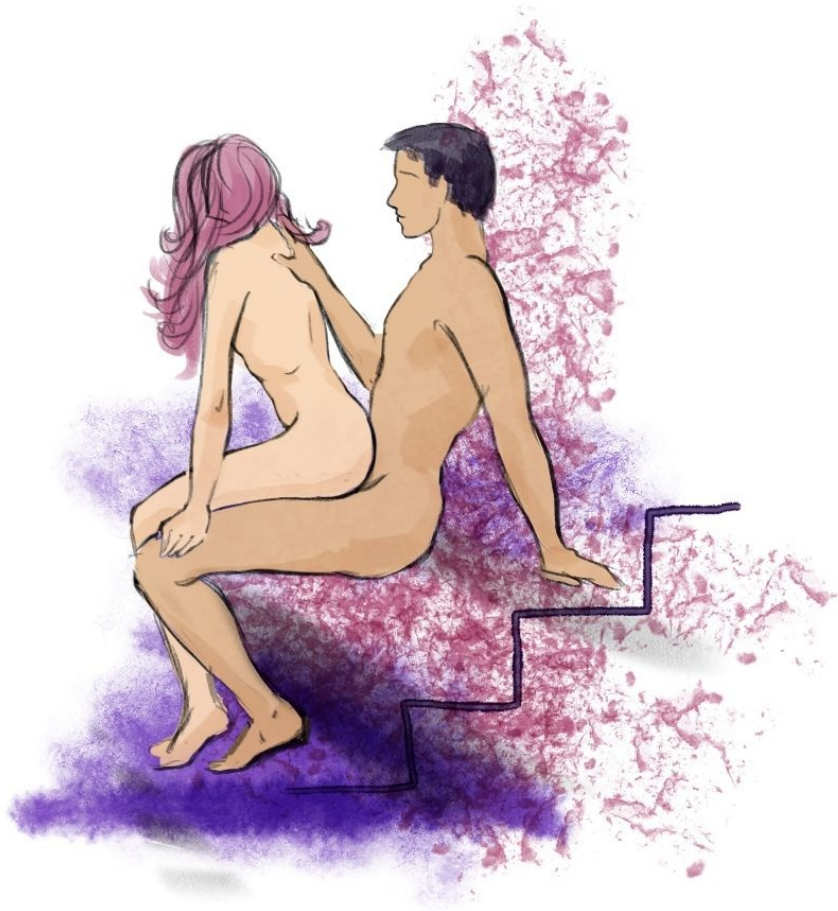
*having her leg wrapped around me, especially when she tightened her grip on me-this position is also more intimate than some and I enjoyed being able to look into her eyes as she climaxed.”—John (Danni's Guy) **Top Tip***

Make sure he makes the most of being able to use his hands in this position-he can easily stimulate your clitoris as well as caress other intimate parts.

Position #42 –The Lap Dance

Instructions

Get your man to sit on the edge of the bed-if you are feeling adventurous then you could try this position on the stairs or the edge of the bath as well-then slowly lower yourself down onto his erection, facing away from him. You are then free to control the intensity of the action and thrust as gently or as hard as you like.



What She Said

“I found that this move was even better when we did it in front of the television with a porn DVD on. It turned us both on and really helped us to climax-this

*position is also great as he is able to easily stimulate my clitoris and breasts with his hands while I bounce up and down. Great fun.”—Becca **Top Tip***

Get him even hotter under the collar by throwing your head back against him and running your hands through his hair.

Position #43 –G-spot Geronimo

Instructions

Get your fella to sit down on the edge of the bed while you lower yourself down onto his erection at an angle and facing away for him. You can then both thrust slowly together-his penis will be at the perfect angle to hit your g-spot and you will both have your hands free to explore each other's bodies.



What He Said

“I liked this position as I was able to thrust deep while she could clench her muscles-it really helped to turn me on. I also liked the fact that my hands were

*free to roam all over her and I know she really enjoyed it as well! I would recommend this to all of my friends.”—Jerry (Becca's Guy) **Top Tip***

Use your free hands to play with his scrotum and his perineum—he will be begging you for more!

Position #44 –The Criss-Cross

Instructions

Get her to lie on her back on the bed-or any flat surface-and open her legs as she would for the missionary position, but keeping them flat on the bed. You should then enter her from the missionary position and once you are snug and comfortable, twist yourself around so that you are lying across her like an 'x'.



What He Said

“Oh I loved this position-a bit like the missionary but with an added twist! I found that I was much more stimulated than usual and I was able to rest myself

easier on the bed. I also liked the fact that she was able to squeeze and slap my butt-it made climaxing that much more exciting.”—Greg (Lexi's Guy) **Top Tip**

From this angle she will easily be able to stimulate the perineum which will heighten pleasure even further.

Position #45 –The Gardener’s Dream

Instructions

For this position you will both need good upper body strength for this to work. Get her to kneel on all fours on the floor while you stand behind her. Once she is ready, reach down and grab her legs, pulling her butt up to your waist. She should then wrap her legs around you while you enter her from behind.



What She Said

“This was quite a challenge, but once we were connected I found it a real turn on being entered from behind with my legs in the air. In this position he really

managed to hit my g-spot and we both climaxed quite soon which was good because neither of us could keep up the position for long! Worth a go.”—Lexi

Top Tip

From this position you should be able to stimulate her clitoris with your fingers for an extra thrilling ride.

Position #46 –The Full Frontal

Instructions

This is a modification of the classic woman on top position which will enhance both his and hers pleasure. He should lie on his back on a flat surface while she straddles over him and slowly lowers herself onto his erection. Then, while he either holds her arms or her waist she should then lean back as far as she can for the ultimate full frontal view!



What He Said

“I loved it when my girlfriend was able to lay all the way back because it gave me a great view and I was really able to stimulate every part of her vagina. It

*really turned me on that she was in control with the speed and intensity of the thrusting but I was still in control of her orgasm.”—Andrew (Giselle's Guy) **Tip***

Take the position one step further by both of you opening your legs wide once she is laying back-perfect for him and her.

Position #47 –The Yoga Master

Instructions

Get him to sit cross-legged on the bed-or any flat surface-while you then climb on top of him and lower yourself onto his erection so that you are sitting in his lap. Wrap your legs around him and hug him close to you and get him to wrap his arms around you as well as you both slowly rock back and forth.



What She Said

“This position is very intimate and I loved being in each other’s arms as we rocked. I enjoyed being able to kiss and caress each other and the feeling of our

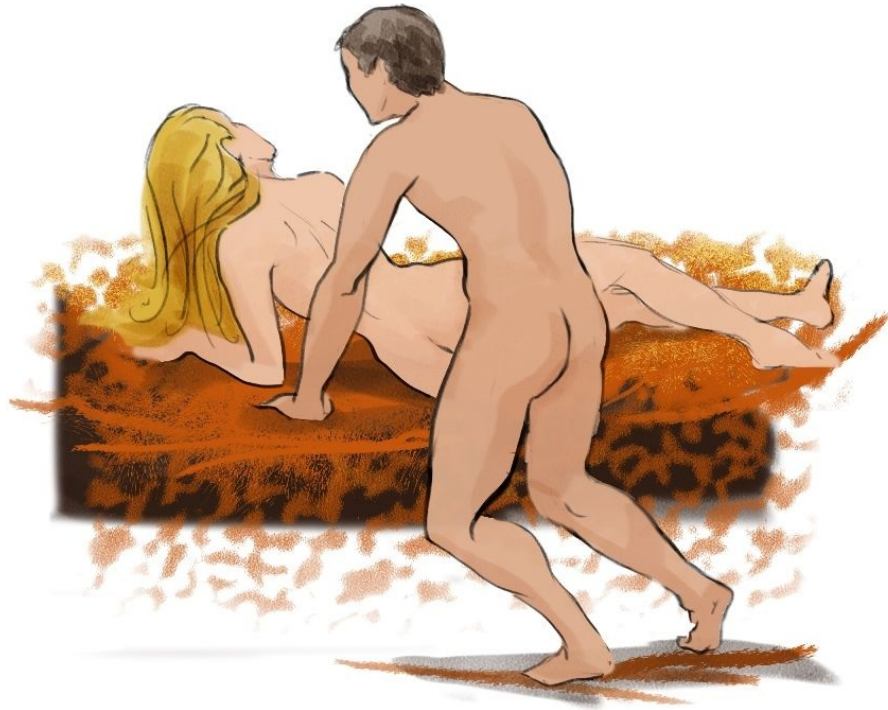
chests pressed together really turned me on. This position is great for a slow and sensual climax.”—Becca **Top Tip**

For an even more romantic, sexy night why not put some soft and gentle music on in the background and light some candles?

Position #48 –A Slow Comfortable Screw

Instructions

Lie down near the edge of the bed or any flat surface which is off the ground. Press your thighs together and rest on your hip and forearm as your man stands up and then straddles you from behind, entering you slowly and gently. Keep your legs tightly closed as he thrusts in and out for heightened pleasure for you both.



What He Said

“I enjoyed doing this position because I felt dominant and in control of the whole steamy session. From this angle I was also able to nibble and kiss her

neck and I know what a turn on she found it when I gently blew into her ear. It can be a bit tiring though after a while.”—Jerry (*Becca's Guy*) **Top Tip**

Don't make him do all of the work, move your hips back and forth to match his thrust to take the pressure off your man a little.

Position #49 –Bottom’s Up

Instructions

Lie down on your back and get your fella to kneel in front of you as you lift your legs up and rest them on his shoulders. He can then enter you from this position and as he controls the intensity and speed of the thrusts, he will be able to slowly raise your hips up and down to increase pleasure for both. Keep your muscles tight to heighten sensation.



What She Said

“This is my favourite position as from this angle he can really hit my g-spot. I especially enjoy it when he rocks me from side to side and back and forth as it

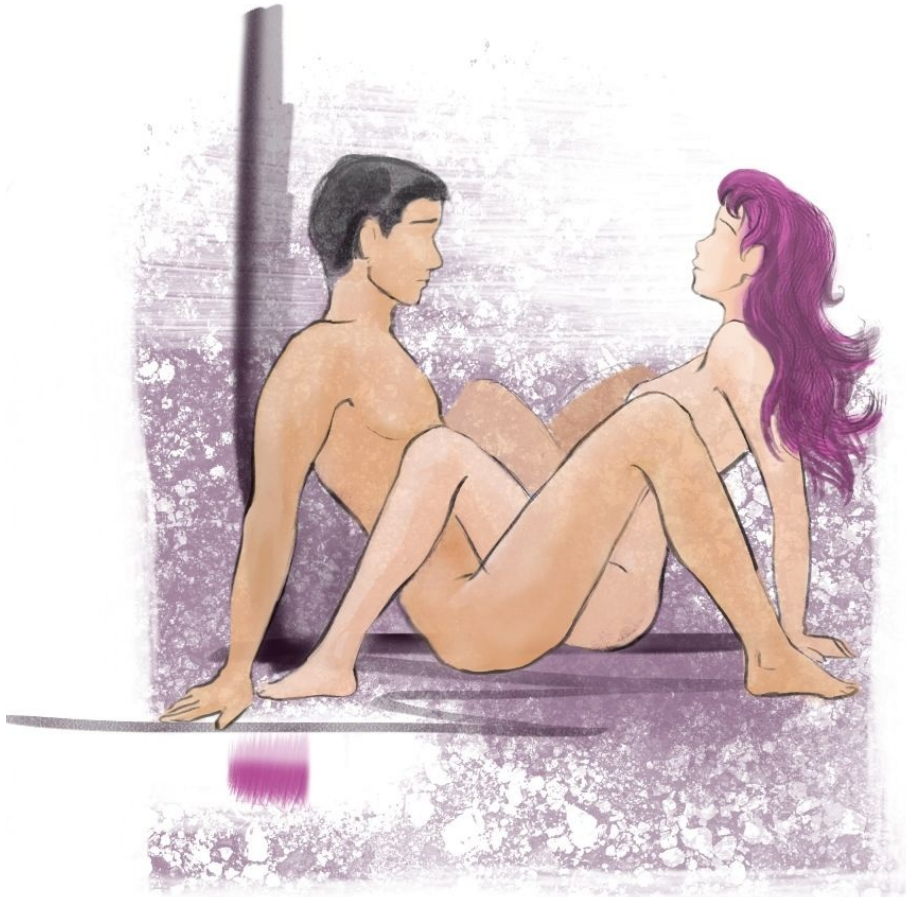
*made the pressure on my g-spot even more intense. He was also able to stimulate my clitoris with his fingers.”—Danni **Top Tip***

Get him to nibble and kiss the insides of your legs as he raises you up and down- it will get your skin tingling with anticipation.

Position #50 –The Magic ‘M’

Instructions

Both of you should sit on the bed facing each other with your legs bent and resting back on your arms. Both of you can then slowly ease forwards until you connect where he will be able to gently enter you. This position gives great face to face contact and you will both be able to control the intensity of the thrusting.



What He Said

“This position was amazing-I really felt connected to her and I loved being able to stare into her eyes as he climaxed. I also liked the fact that we were both in

*control of the speed and we were able to bump and thrust against each other until we reached orgasm. It was intense!”—John (Danni's Guy) **Top Tip***

Keep some ice cubes to hand and use them to run all over each other's bodies-as the ice melts, the water dripping down will really turn you both on.

Position #51 –The Classic ‘Doggy’

Instructions

Kneel on all fours on a flat surface such as the floor or the bed and use your hands and knees to steady yourself. Get your man to straddle you from behind and slowly ease himself into your for rear entry. He can then grab your waist and as he thrusts can pull your back and forth for deeper penetration.



What He Said

“What guy doesn’t enjoy doggy style? What I love best about this position is really being able to do it hard and rough and it is the ultimate turn on seeing her

*head bopping up and down. I also like the fact that I can lean forwards and caress her breasts as well. This is my favourite position.”—Andrew (Giselle's Guy) **Top Tip***

Use your fingers to stimulate her clitoris to make the pleasure even more intense-she will enjoy it more than ever.

Position #52 –The Fast Spin Cycle

Instructions

This is where the washing machine finally comes in useful for something else! Lie face down on top of the washing machine so that you are bent over with your butt in the air. Have your fella stand in between your legs-if you are shorter than him then use something such as a phone book to boost you up a few inches-once you are at the right level, he should enter you from behind.



What She Said

“I have never experienced anything quite like having sex across a washing machine-it was incredible! I loved the feel of the vibrations against my naked

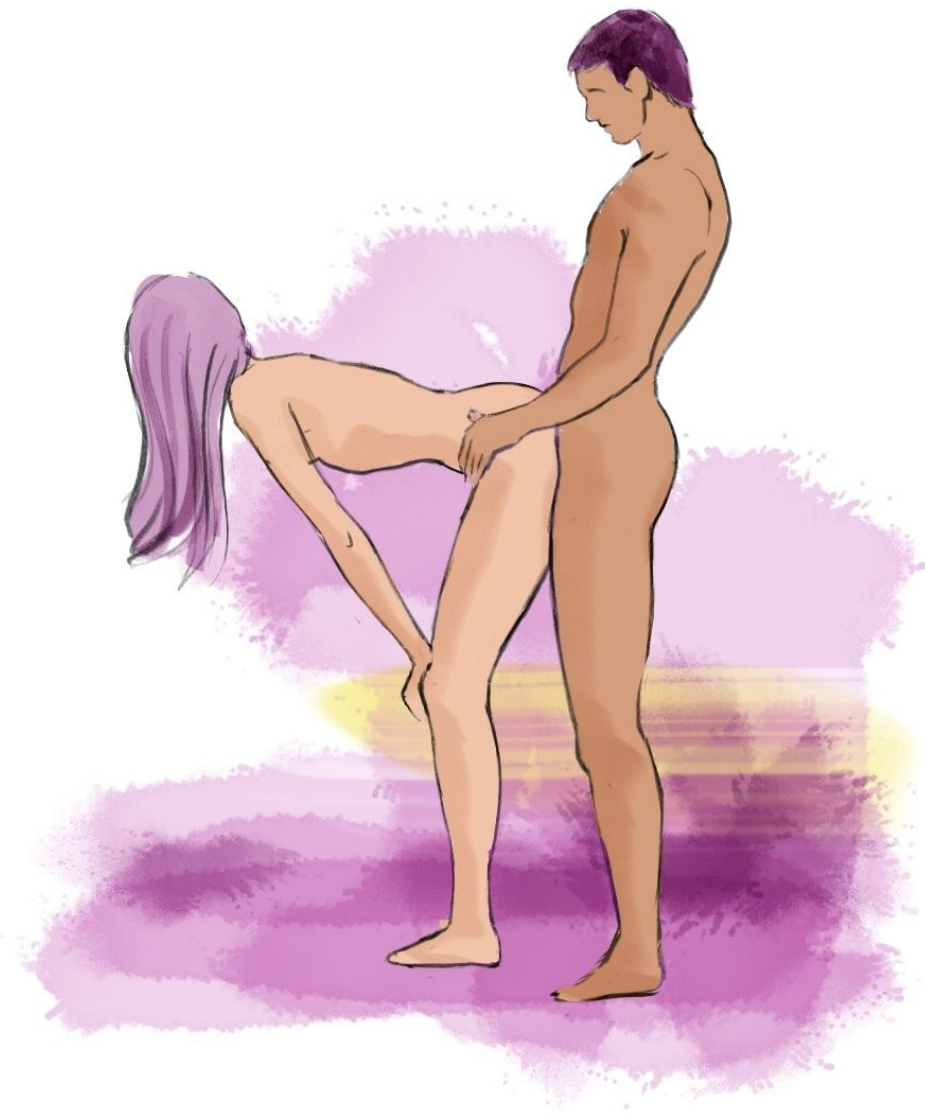
*body and every time the machine changed its cycle, I felt different sensations. It really added to my arousal.”—Lexi **Top Tip***

Try putting the washing machine on a high spin quick wash for a naughty mini sex session when you are pushed for time.

Position #53 –Just Hanging About

Instructions

This is a good position if you are looking for a quickie-stand with your feet spread slightly apart and bend forwards keeping your back straight. Rest your hands on your knees and get your man to enter you from behind, using his hands on your waist to bring you as close to him as possible for a better grip.



What He Said

*“This is the best position when you just want a quick, wild and frenzied f***. I love the fact that I am totally in control and because she is bent over I can get in*

really deep and pump really fast. I love her hair flying all over the place, this is a great turn on and I recommend it to any guy.”—James (Katie's Guy) **Top Tip**

Get him to stand still so you can bump and grind into him—the sudden change in sensations will drive you both to distraction.

Position #54 –The Snake Charmer

Instructions

Get you partner to lie flat on his back. Climb on top and slowly lower yourself down onto his erection. Once in position you can then stretch your body right out so that you are lying totally straight on top of him. Use your arms to pull yourself up and down as if you are a snake ready to strike and get him to keep his feet flexed so you can use your toes against them as leverage.



What She Said

“The best thing about this position is the closeness that you get with your partner, especially when he is squeezing my hands. I liked the feeling of my

*breasts rubbing against his chest and because we were so tightly pressed together, as I moved, the friction against my clitoris was amazing!”—Katie **Tip***

Why not make things even more sensual by oiling yourself up with a little baby oil before hand-it will make slipping and sliding much easier and more erotic.

Position #55 –The Noodle Canoodle

Instructions

Lie down on your side and prop a pillow under your head for support. Get your guy to kneel right behind your butt pushing one of his knees between your legs. He should then place a hand on the small of your back so that he can support himself as he penetrates you deeply-make sure you stay as limp as possible-like a noodle to get the most out of this saucy position.



What He Said

“I love this position because she feels so tight against me as I thrust in and out- the fact that her thighs are squeezed shut also helps to create an incredible

friction which really turned me on. I liked being able to grab her butt and stroke her body as well. I also managed to reach her g-spot too!”—Greg (Lexi's Guy)

Top Tip

To make him last a little longer, right when he is getting ready to climax, push your feet into the bed and push yourself away from him so that you can make the pleasure last a few moments more.

Position #56 –The Frog Tease

Instructions

Get your man to sit comfortably on the floor with his legs fully stretched out in front of him and his arms behind to prop him up. Facing away from him, slowly lower yourself down onto his erection and, keeping your knees bent and your thighs pressed tightly together, grind in slow circular motions, squeezing your PC muscles to increase the pleasure and friction.



What She Said

“I have found this one of the best me on top positions to hit my g-spot. Not only that but I love the way that my partner can touch and caress me and he can also

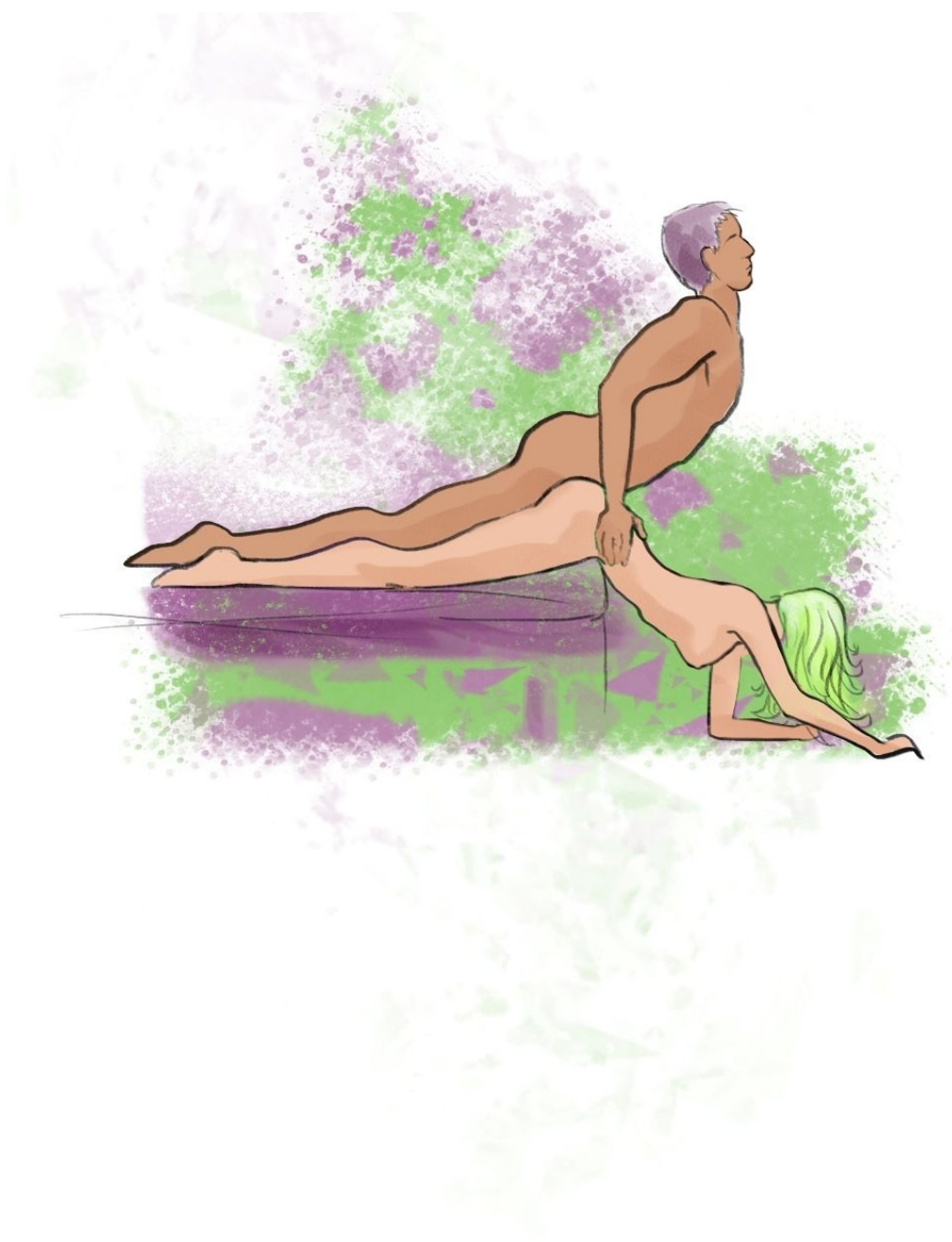
use his fingers on other erogenous zones as well. It's a great thrill.—Becca **Tip**

Use your free hands to tickle and tease your man's testicles to turn him on even more-he will love it!

Position #57 –The ‘Oh-My-God!’ Position

Instructions

Lie yourself face down on the bed and then shuffle forwards until the top half of your body is hanging down onto the floor. Place your arms on the ground for support and get your man to climb on top of you and gently enter you from behind, using his hands on your hips as extra leverage.



What She Said

“Oh my God! I had the biggest orgasm of my life in the position. With the blood rushing to my head causing a kind of out of body experience, coupled with the

*short, sharp thrusts from my partner, I thought I my head was going to explode. A great position to spice up a run of the mill sex session.”—Giselle **Top Tip***

Wrap your feet around his ankles so that you can lock him into place—the closeness of this position will have sparks flying between the sheets.

Position #58 –The Parisian Fold

Instructions

Get your partner to sit on the bed with his legs out in front of him. On your knees, crawl to him and then straddle him while you lower yourself onto his erection. Once you are ready, arch yourself into a back bend, making sure you don't pull anything! Rest your head back between his legs and grab his ankles with your hands. Get him to lean forwards for the ultimate pleasure ride.



What She Said

“This position only works if you are really flexible and even then you will only be able to do it for a few minutes-but it is totally worth it. I have never felt quite

so connected with my partner as I did in this position and it made my orgasm incredible. He loved the feel of my naked body in his hands as well.”—Katie **Tip**

To feel even closer, get him to bend forwards and kiss your chest and stomach-it will feel amazing!

Position #59 –The Side Saddle

Instructions

Get your man to lie down flat on the bed with his head propped on a pillow and his legs open slightly. Lower yourself down onto his erection before swivelling around so that you are sitting with your side facing him-keep your thighs firmly shut and move in slow cork screw movements for the ultimate pleasure.



What He Said

“This move was great as from where my head was I could see everything-I could even see my penis going in and out as she worked her magic on me. It was a

*total turn on and I loved the freedom of the position, I was able to run my hands all over her and even stimulate her clitoris with my fingers.”—Jerry (Becca's Guy) **Top Tip***

Keep in control, slowing and upping the pace to suit your needs so that you have more chance of a dual orgasm.

Position #60 –Lap Dog

Instructions

Get your man to sit down on the edge of the bed. Climb onto his lap, facing him and gently lower yourself down onto his erection. Wrap your arms around him and get him to do the same for extra security before you slowly bump and grind your way to the ultimate g-spot orgasm.



What She Said

“This position is great for hitting my g-spot because of the angle that his penis goes in. I also enjoyed the fact that I was totally in control of the speed and

*intensity of the thrusting and I was able to tease him a little by lifting right off of him before dropping back down again-he really loved it!”—Danni **Top Tip***

Spice things up a little bit more by dribbling warm melted chocolate over your breasts so he can lick it off slowly as you face him.

Position #61 –The Classic Missionary

Instructions

The simplest, most elegant position which can often be the most effective! Lie on your back on the bed, open your legs to allow your fella to slide in between your legs and enter you. You can change the sensation for both of you by shifting the position of your legs and squeezing your PC muscles for the ultimate thrill.



What He Said

“This position is the best one for making love-it is intimate and sensual and I love feeling really close to my girlfriend. It’s also good for lasting a long time as

well, I can keep going for quite a while in the position and this means it's great when we want a really close, romantic encounter. Great for kissing as well."—
John (Danni's Guy) **Top Tip**

To make things extra spicy, why not set up a camera to record your love making session? You and your man can then watch it back whenever you're feeling in the mood!

Position #62 –The Angel

Instructions

Lie face down on the bed-or any flat surface-and keeping your legs closed and your hips slightly raised, allow him to enter you from behind. Squeeze your thighs together to give him a nice snug fit as he thrusts slowly in and out. You can help him out by raising your hips up and down for even better friction.



What He Said

“This position is great because you get such a tight fit-it really feels amazing and it helped me to reach orgasm quickly. I recommend this position as an end to

*a hot and steamy sex session as I found that both of us came rapidly once we assumed this position.”—James (Katie's Guy) **Top Tip***

Squeeze your PC muscles as hard as you can to make that fit even tighter-it will feel amazing for both of you.

Position #63 –The Contortionist

Instructions

This position is great for those who are flexible. Lie on your back and lift your legs up until you are able to place them behind your own head. Cross your ankles to hold your legs in place and have him enter you from the missionary position. He can then ride you high so that his groin rubs your clitoris, or he can ride you low so he hits your g-spot.



What She Said

“This isn’t the easiest position to assume-thank God for yoga-but once we got going I found that he was able to stimulate my g-spot in ways I didn’t think were

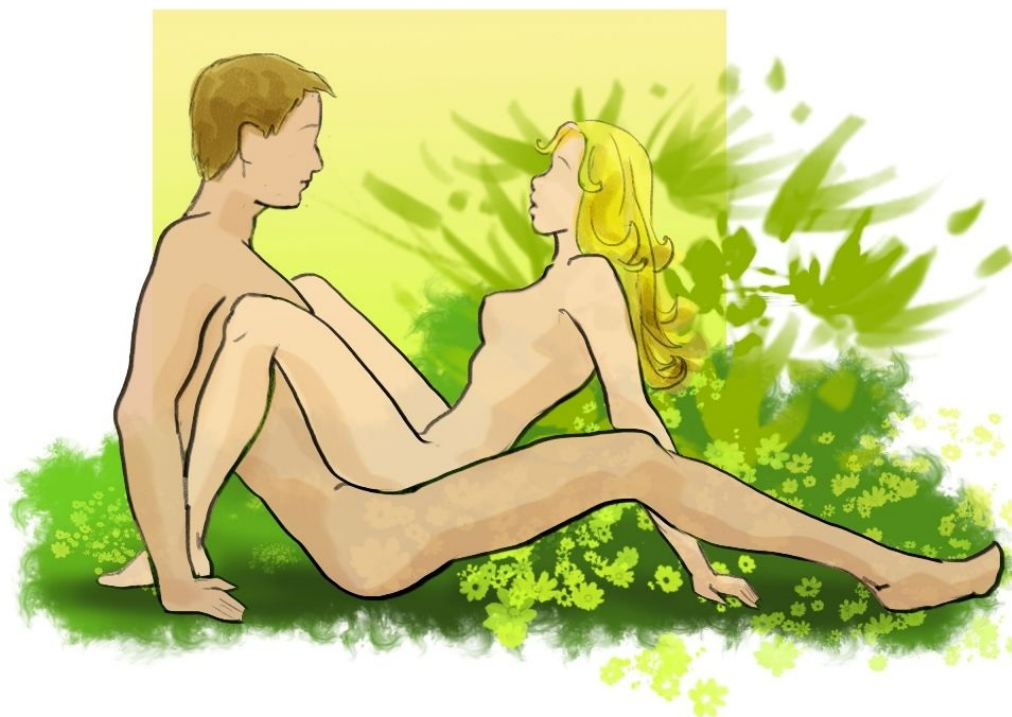
possible! He enjoyed the feeling of being really deep inside of me and I loved it too.—Becca **Top Tip**

Use your free hands to stimulate your clitoris as he rides you low for the ultimate pleasure ride you will not forget.

Position #64 –A Position With a View

Instructions

Get your man to sit down on the bed with his legs in front of him and his knees slightly bent-he can use his arms for support as he leans backwards slightly. While facing him, straddle his lap and lower yourself down onto his penis. Lean back and move your hips in small circular motions to tease him mercilessly.



What He Said

“This position is great because not only does she do pretty much all of the work, but I get an incredible view of her gorgeous body. I was also able to stimulate

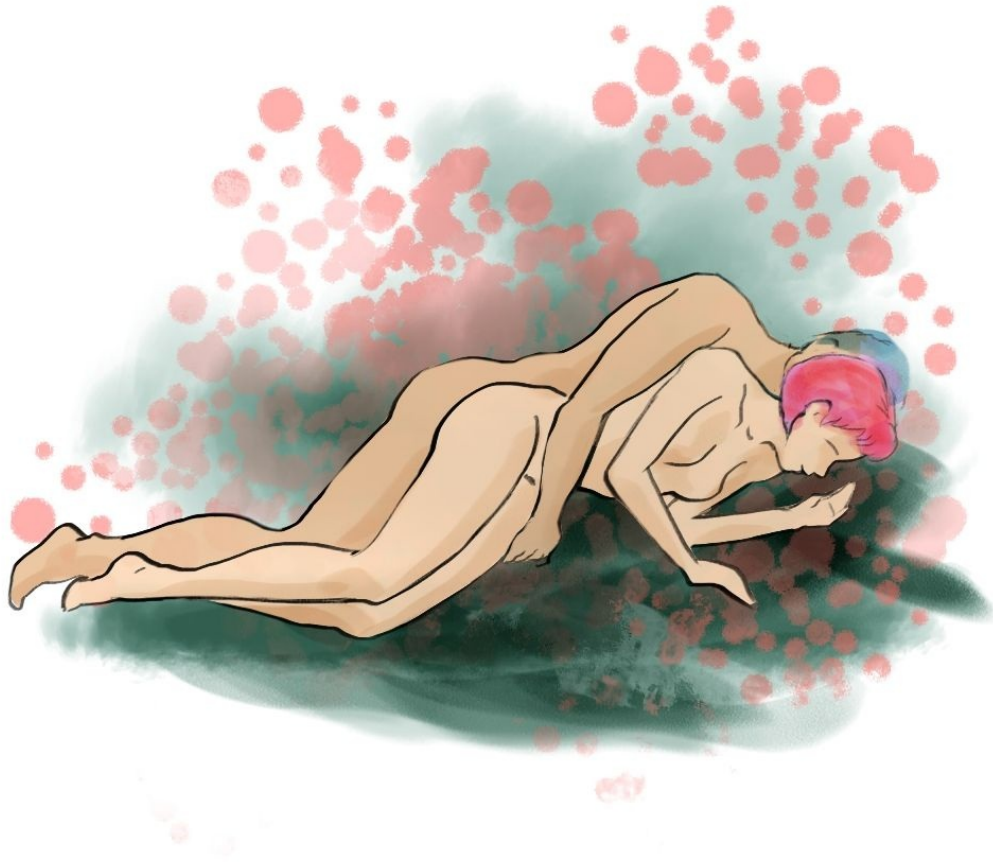
*her clitoris with my fingers which drove her wild. A great position for those who like to try new things.”—Greg (Lexi's Guy) **Top Tip***

Get some ice cubes and run them over your chest-the feeling of water dripping over your breasts will really turn you on, it will drive him crazy as well.

Position #65 –Spoons

Instructions

Lie on your side on the bed with your legs closed and get him to lie down behind you facing the same way. He can then enter you from behind and use slow and gentle thrusts as you squeeze your thigh and PC muscles to give an even tighter fit. The closeness of this position and skin on skin contact will help to turn you both on.



What She Said

“I liked this position because we were able to get so close to each other-it was one of the most intimate feelings to have him enter me from behind, his breath on

my neck and his arms wrapped around me. It is a great way to make love-we both really enjoyed ourselves with this one.”—Giselle **Top Tip**

Use the opportunity to kiss and nibble at her neck and her ear lobes-the sensation is sure to drive her wild for you.

Position #66 –The Quickie

Instructions

With you both standing up, bend as far forward as you can while he enters you from behind, holding onto your arms so that he is able to pull himself deeper into you. He can then thrust hard and fast while holding onto your arms or your hips.



What He Said

“This is great when you don’t have a lot of time and you both want to reach orgasm quickly. The position allows me to really pump fast and because of the

way she is bent over with the blood rushing to her head, she managed to have an out of body orgasm-we both really enjoyed this quickie.”—Greg (Lexi's Guy)

Top Tip

Grind your hips with him as he thrusts to take some of the pressure off of him and to increase the friction between you both.

Position #67 –The Helping Hand

Instructions

Get him to lie on his back on the bed. While facing him, straddle over his erection before slowly lowering yourself down onto his penis. Keep your legs bent up to his chest and, using your feet as leverage slowly and gently bounce up and down while using your fingers to stimulate your clitoris as he lays back and enjoys the performance.



What He Said

“This position is great-all I have to do is lie back and enjoy myself while she does all of the work. I was free to explore her body with my hands and it really

*turned me on to see her pleasuring herself while working away on top of me. We both climaxed together-it was incredible.”—Andrew (Giselle's Guy) **Top Tip***

Instead of using your fingers, why not try getting your vibrator involved for extra stimulation you can both enjoy.

Position #68 –Missionary Switch Up

Instructions

An alternative take on the missionary position, this sees the roles reversed. Have your man lie down on his back on the bed with his legs open. Slide yourself onto his erection with your legs on either side of his thighs while you prop yourself up with your hands. Control the speed and intensity of the thrusts as you show him who is in charge.



What She Said

“I really enjoyed being in charge and trying out the reversal of roles-I found it an incredible turn on pretending to be the guy for a change. Also, from this

*position I was able to stimulate my clitoris on his public bone for an amazing orgasm.”—Lexi **Top Tip***

Why not grab his wrists and pin him down onto the bed-he will love the feeling of you dominating him.

Position #69 –Upward Dog

Instructions

Lie on your back with your head at the foot of the bed. Placing your weight on your shoulders and upper body, arch your back and open your legs wide. Get your man to kneel in between your legs where he can then grab your hips and pull himself into you. He should then use gentle, rhythmic thrusts.



What She Said

“This position is great for hitting the g-spot and because of the angle, he is free to stimulate my clitoris with his hands and his mouth. It takes a strong back and

*pair of legs to pull this move off for any length of time, but it is worth it because you will both have an amazing climax.”—Katie **Top Tip***

Have some extra fun with her vibrating friend—from this position you will be able to easily reach her clitoris with her vibrator.

Position #70 –The Space Hopper Reverse

Instructions

Get him to lie down on the bed and pull his bent legs up to his chest keeping them slightly apart and using his hands to hold his legs up. With your back facing him, straddle over his erection and slowly lower yourself down onto his penis. You can then bounce gently up and down for the ultimate g-spot hit.



What He Said

“I loved trying this out with my girlfriend, it was the most amazing feeling having her sitting on top of me and bouncing up and down on my penis. I was

also able to reach around and stimulate her clitoris with my fingers which she really enjoyed. We will be trying this position again soon!”—Greg (Lexi's Guy)

Top Tip

Thrust your hips along with her to increase the friction between you both for an incredibly thrilling ride.

Position #71 –The Arousing Accordion

Instructions

Get your man to lie flat on his back and lift his legs up in the air. Squat down over him so that your thighs are touching his and then gently lower yourself down onto his erection so that you are pressing your butt against his. Grab his forearms and carefully push yourself up and down on his penis.



What He Said

“I had the most amazing orgasm of my life in this position, the friction caused between up her thighs and her PC muscles squeezing against my erection was

*incredible. I liked the feeling of being vulnerable underneath her and I was also able to stimulate other erogenous areas as she pumped away.”—Jerry (Becca's Guy) **Top Tip***

Keep your gaze locked on each other so that your fella can watch the ecstasy on your face-it will drive him wild with passion.

Position #72 Bottoms Up

Instructions

Get him to sit right on the edge of the bed while you straddle him, facing in the opposite direction. Once you are comfortable, lean yourself slowly downwards until your hands are touching the floor, then push your legs back behind you so that you end up looking a little bit like a wheelbarrow. Use your hands for leverage as you lift your hips up and down.



What He Said

“This is a great position as I was able to slap and caress her butt from this angle which we both enjoyed. I loved watching her butt move up and down as she rode

me and it didn't take me very long to reach orgasm."—James (*Katie's Guy*) **Tip**

If you are feeling adventurous then why not try stimulating her anus for the ultimate thrill factor-use your fingers or a suitable toy.

Position #73 –The Rolling Stones

Instructions

Lie flat on your back and put your legs in the air. Get your man to enter you as he would in the missionary position and then rest your legs on his shoulders so that you can get better leverage and it makes it more comfortable for you both. From this angle he should be able to penetrate deeply and hit your g-spot.



What She Said

“This position was great for deep penetration and he really managed to hit my g-spot. I also liked that the more he changed speed and thrust, the better it felt.”

Our groins caused some amazing friction together as well. I would recommend this to anyone.—Becca **Top Tip**

Try holding onto him with one hand and use your free hand to stroke his back and chest to drive him wild with desire.

Position #74 –The Ticking Time Bomb

Instructions

Get your man to sit down on a sturdy chair with his legs slightly apart. Climb on top of him and slowly inch down on his erection-take your time and build up the intensity of the pleasure and as you take him in you, wrap your arms around him and gently grind yourself up and down on his erection.



What He Said

“I found this position a total turn on-every time I became close to orgasm, she would lift herself off of my erection to let me cool down a bit before plunging

*back down-it was amazing I think I had one of the most powerful orgasms of my life. I also enjoyed feeling her body pressed tightly to mine.”—Andrew (Giselle's Guy) **Top Tip***

Why not oil yourself up with a drab of massage oil so that you can really slip and slide about in each other.

Position #75 –The Couch Calypso

Instructions

For this move you will need to be steady on your legs. Stand on the couch with your legs open as far as you can manage. Get your fella to stand in front of you and once your pelvis's meet, he should enter you, grabbing your butt for extra leverage as he thrusts in and out. Wrap your arms around his neck for stability.



What She Said

“This position is great for a no hands climax as all of the friction of your pelvis’s rubbing together really stimulated my clitoris and helped me to orgasm quickly.”

*The best time for this position is when you are in the mood for a frantic love making session which just cannot wait for the bedroom.”—Danni **Top Tip***

Take advantage of both of you having your hands free by exploring each other's erogenous zones and just having fun with it.

Position #76 –The Counter Top Climax

Instructions

Jump up on the kitchen counter top and spread your legs wide. Get your man to grab your legs so he can pull you towards him as he thrusts deep into you. Wrap your legs around him and cross your ankles so that you can lock him in place as he rocks you to an incredible counter top orgasm.



What He Said

“This is the best position for the ultimate quickie-sometimes we just can’t make it to the bedroom because we just want each other right away and this is the

*perfect spot for just that. The angle of our groins rubbing together creating amazing friction really helped us to climax quickly.”—John (Danni's Guy) **Tip***

Why not try this position on top of the washing machine for extra excitement that will make her orgasm that much quicker.

Position #77 –The Crafty CAT

Instructions

Begin in the classic missionary position but only open your legs enough to let him enter you so that he has a snug fit. Get him to more a few inches higher than normal so that your pelvis is aligned with his-this is called the coital alignment technique0 he should then rock back and forth while you thrust your pelvis in sync with him so that your clitoris can hit the base of his penis.



What She Said

“This is the ultimate pleasure giver-it can take a bit of practise to get it right, but once our pelvis’s are aligned in the right place, the sparks flew and I found that I

had one of the most incredibly intense orgasms that I have ever had. He also enjoyed the tightness of my vagina as I kept my legs closed.”—Katie **Top Tip**

Heighten the senses even more by playing some soft, romantic music and keeping the lights down low-it adds to the atmosphere.

Position #78 –The See Saw

Instructions

Get him to lie down on his back on the bed and get him to sit himself up with his knees bent and his legs slightly apart. He should lean back and support himself with his arms. Slowly lower yourself down onto his penis while facing him-then using your arms for support, lean backwards between his legs and throw your legs up onto his shoulders. Grind your hips up and down to each other's rhythm.



What He Said

“I really enjoyed this position because I had an amazing view and I was free to stimulate all of her erogenous zones, including her clitoris which she enjoyed. I

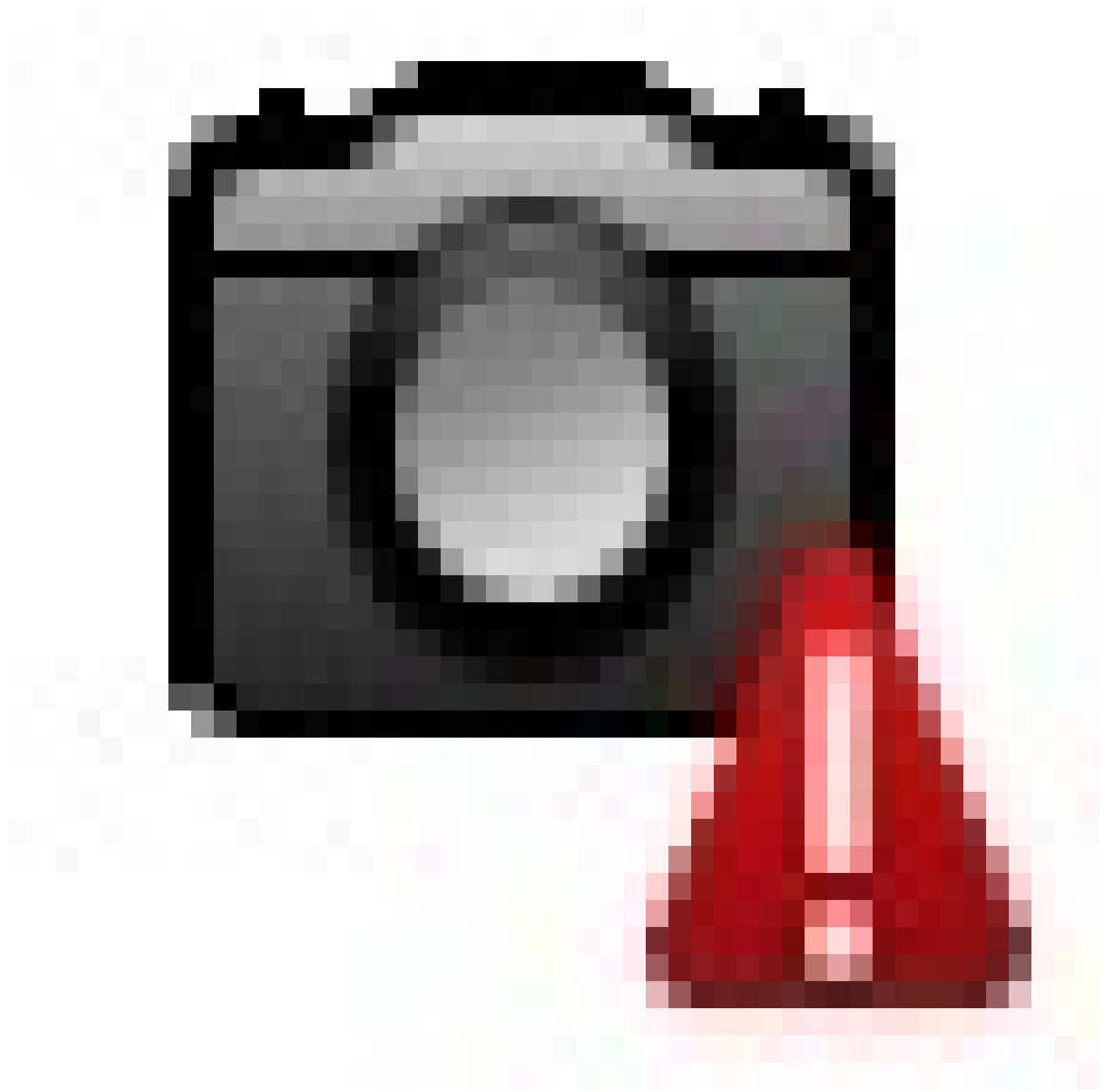
loved the tightness of her vagina on my erection and I found it a turn on when she moved her hips up and down.”—Greg (Lexi's Guy) **Top Tip**

Why not grab a couple of ice cubes and run them along the insides of her thighs? The sensation of the melting cubes will drive her wild.

Position #79 –The Reverse Giddy Up

Instructions

Get your man to lie down on his back on the bed. Straddle over his erection facing his feet and carefully ease yourself onto his penis. Take your time, tease him as you slide down inch by inch. Once you are in position, sit up straight, open your legs and get ready to ride him cowgirl style.



What She Said

“I found that this position not only meant that I was pretty much in control of the depth and speed of sex, but his penis really managed to hit my g-spot which was

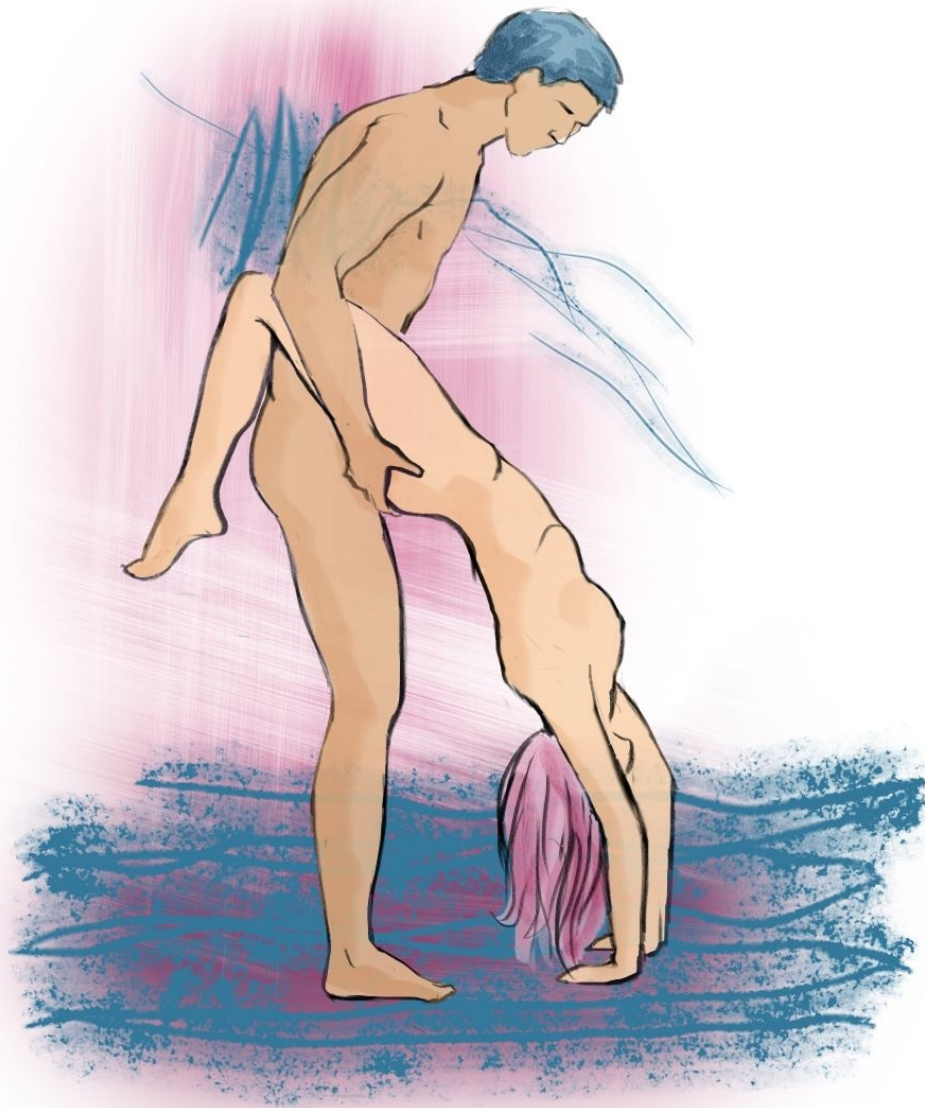
amazing. From this position he was also able to caress my breasts and stimulate my clitoris which was an added bonus.”—Giselle **Top Tip**

Get your fella to help you out by lifting his hips up and down as you grind—he will be able to get even deeper inside of you this way.

Position #80 –The Reverse Hand Stand

Instructions

Get him to stand facing you, then jump up and wrap your arms around his neck and your legs around his waist. Allow him to enter you and once you are ready, slowly and carefully bend yourself backwards towards the ground, making sure that he supports you by holding onto your hips. Once your hands are touching the ground, he should then gently thrust away.



What He Said

“I don’t think I have ever felt quite so turned on as I have making love to my girlfriend while she was upside down-it was so cool. I got an incredible view and

*was able to use one hand to stimulate her clitoris while she hung about-she told me she had an incredible orgasm as well because of the blood rushing to her head.”—Jerry (Becca's Guy) **Top Tip***

Throw some pillows down around your both, just in case either of you loses concentration.

Position #81 –X Marks the Spot

Instructions

Lie down on the bed and assume the missionary position with your legs open slightly. Get your partner to slide himself between your legs with one leg on the inside of your thigh and one on the outside. He should then penetrate you using his arms as leverage to scoot forwards.



What She Said

“This was a great position because as well as stimulating my g-spot with his penis he was also able to caress my breasts and clitoris with his free hand. Our

groins rubbing together helped add to the friction and intensity of the moment.”—Lexi **Top Tip**

Thrust your hips along with your fella to add to the momentum to bring you both to an earth shuddering climax.

Position #82 –The Bump and Grind

Instructions

Get him to sit down on the bed or any flat surface while you sit on his lap facing away from him. Get him to penetrate you slowly as you turn slightly to the side for a snug, deep fit. Hold onto his legs as he bumps you up and down.



What He Said

“This position is a turn on because I was able to kiss and nibble her neck and back while running my hands all over her breasts. I could also stimulate her

*clitoris which she really seemed to enjoy. This position is great if you want a simple change from the norm.”—Andrew (Giselle's Guy) **Top Tip***

Spice it up further by blind folding your fella so that he is able to use his other senses to enjoy himself and explore your body.

Position #83 –The Dragon Within

Instructions

Get on all fours with your knees right at the edge of the bed. Get your man to open his legs so that he can place one leg on either side of yours-keep your legs tightly closed to elongate your vaginal canal. He should then enter you from behind... don't be afraid to roar like a dragon as he pleasures you!



What She Said

“I enjoyed this position because he was really able to stimulate my g-spot as he thrust deep and hard. We both enjoyed the noises that I made as it made him feel

*good about himself to hear that I was having a good time. We both climaxed quickly so this would be a good position to incorporate into a steamy session.”—
Danni **Top Tip***

Get your fella to use his free hands to stimulate your clitoris for a wonderful bedtime treat that you will love.

Position #84 –The Master

Instructions

Lie flat on your back on the bed-or any flat surface where you are comfortable- place a pillow under your head for support and lift your legs as high and as straight in the air as you can manage. Your guy should then kneel in front of you and, grabbing your legs, push them slightly to one side as he enters you.



What He Said

“I liked this position because I was able to see the expressions on her face as I pleased her. I also found that because her legs were closed it helped to give a

*tighter fit and I was able to thrust deeply and slowly. Great for warming up a night of passion and fun.”—James (Katie's Guy) **Top Tip***

Use your free hands to stimulate his scrotum-you can even pleasure yourself for extra turn on points for him.

Position #85 –The ‘Ooh-La-La’

Instructions

This is for the more daring of you as it is not for the faint hearted! Lie down on the bed and get your man to enter you in the missionary position. Then, slowly and carefully he should begin to twist 360 degrees so that he ends up facing away from you with his butt opposite you. Make sure that when he spins around that he lifts his legs over your head-you don't want to end up with concussion!



What He Said

“This was a really different take on the traditional missionary position and I really enjoyed the sensation of facing away from her and having her squeezing

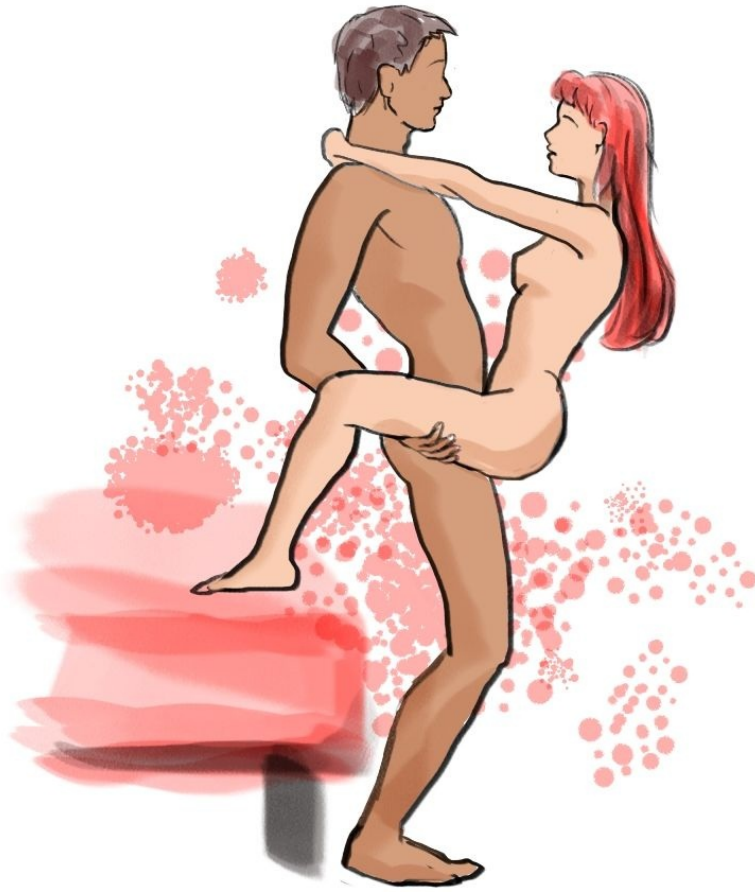
*and playing with my butt. I also found that if I tensed my butt while I thrust into her I was able to last longer-my orgasm was incredible as well.”—John (Danni's Guy) **Top Tip***

For easier access and to keep your pelvis's matched together, try placing a pillow under your hips to lift you higher.

Position #86 –The Pick Me Upper

Instructions

Get you man to stand with his back to the end to the bed. Wrap your arms around his neck and jump up, wrapping your legs around his waist to give you support. Allow him to enter you in this position then gently lower your legs down onto the bed behind to give you both the ride of your lives!



What She Said

“This position is great when you want a quick pick me up sex session-both of us really enjoyed this as we were both able to thrust with each other, me with my

arms around his neck and him holding my hips to increase depth and speed. It wasn't too difficult to achieve-I recommend this position to anyone."—Giselle

Top Tip

For an extra hit of pleasure for you both, squeeze your thighs around his waist, lock your hands around your neck and lean back slightly.

Position #87 The Zen Garden

Instructions

Lie face down on the bed or the floor with your legs straight and open slightly. Get your fella to sit behind your but with his legs in front of him and his hands either side of his body to support him. He should then lean backwards to about 45 degrees so that he is able to match his groin with yours. As he begins to rock back and forwards, close your legs to give a tight fit. You can rest on your elbows for extra leverage.



What She Said

“I loved his move-I found it really sensual and erotic and because I was so tight around him, it helped me to climax quicker and more intensely. I thought that

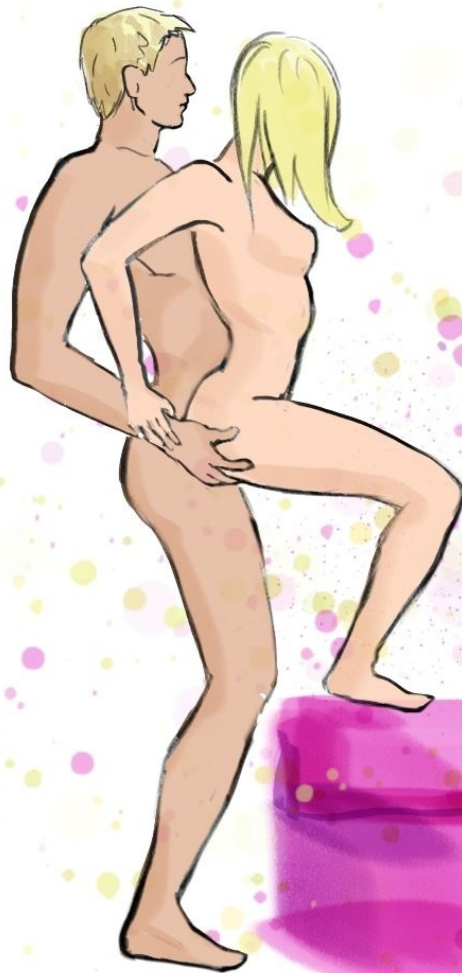
*this was a great position to try when you want to try something less face paced and erotic-we both enjoyed it a lot.”—Becca **Top Tip***

Try lifting your butt up slightly and thrust with him for an even more intense thrill ride-you will both love it.

Position #88 –The Lean Back and Take It

Instructions

Get your fella to stand opposite the end of the bed while you climb up onto it. Stand in front of him, facing away and slowly bend your legs, leaning against this body for support as you get your knees to a 90 degree angle. He should then place his hands on either side of your butt and gently pull you towards him so that he can enter you from behind. You can then lean back on him for support.



What He Said

“This was a tricky position, but once I was inside of her and she was leaning right back on my erection, I thought I was going to climax right away. Because

*she leans into me so much I feel so much deeper and we were both able to bump and grind to mind blowing orgasm.”—Greg (Lexi's Guy) **Top Tip***

For enhanced feeling, get him to take a step backwards in order to change the angle of his thrust-just be sure he can still support you.

Position #89 –The Year of the Dragon

Instructions

Lie on your stomach and place a couple of pillows under you so that your public bone is raised. Put your arms above your head and spread your legs so that your man can enter you from behind and mimic your position. This is designed to be slow and steamy, so instead of thrusting, your man should use slow and circular motions to bring you both to the big O.



What He Said

“I found this position incredibly erotic, lying flat on top of her with our bodies pressed so closely together. I thought that this move worked best when we were

*both getting close to climax-we found that when we stopped and assumed this position it made for an intense and sensual orgasm for us both.”—John (Danni's Guy) **Top Tip***

Squeeze your PC muscles as hard as you can and keep your legs tightly closed to enhance the friction between you both.

Position #90 –Mountain Posture

Instructions

Arrange a pile of pillows either on your bed or on the floor and fall into them face first, following the shape of the pillows so your back arches naturally. Spread your legs and have your man enter you from behind, pressing his chest tightly against your back and following your form.



What She Said

“I liked this because it was similar to doggy style-which I know he loves-but much more comfortable as I had the support of the pillows. I also found it more

*intimate as he was pressed against me as he thrust in and out. We both had a great time and would try it again.”—Lexi **Top Tip***

Switch things up by moving the position around a bit—climb higher up the mountain so he is almost lying on top of you for a while.

Position #91 –A Tight Fit

Instructions

Lie flat on your stomach and spread your legs a little bit while keeping them as straight as you can. Put your arms either by your side or in front of you, whichever is comfortable. Get your man to stretch himself out on top of you using his elbows to take off some of his weight. With his legs on the outside of yours, get him to enter you and then close your legs and cross your ankles.



What He Said

“I loved this position because I had such a tight fit because her legs were kept crossed throughout. It meant I was able to thrust much deeper and harder. I was

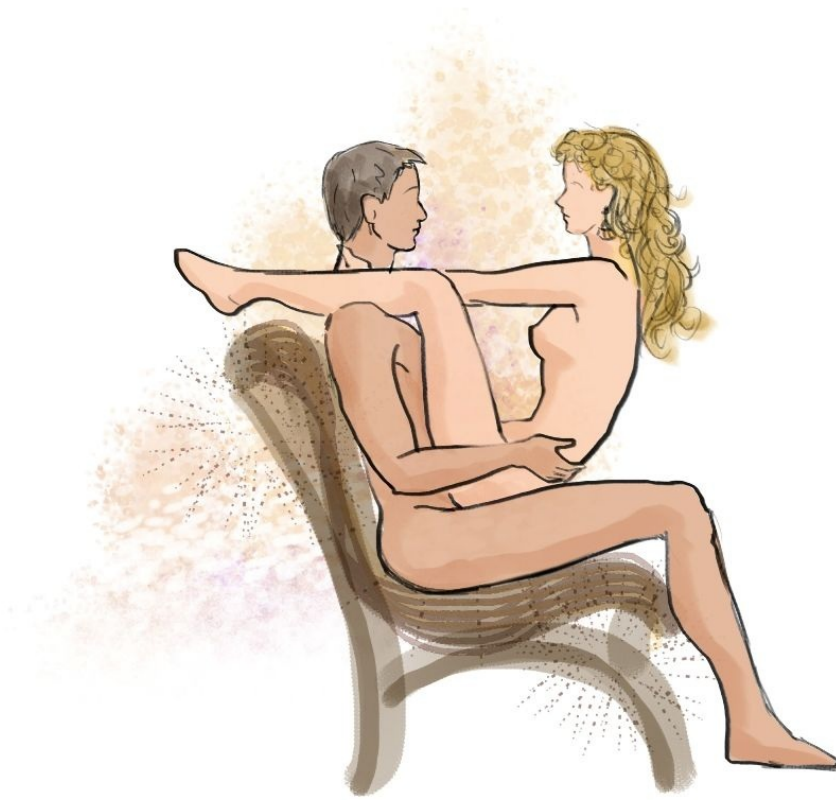
*also able to reach underneath her and stimulate her clitoris with my fingers which she loved.”—James (Katie's Guy) **Top Tip***

In order to make the most of your close connection, thrust your butt up and down as he thrusts in and out so that you remain connected.

Position #92 –The Lap Dance

Instructions

Get your man to sit back in a comfortable, roomy chair with a pillow propped up under his thighs for support. Straddle him and lower yourself down into his lap and lean back slightly so that you are resting against his thighs. Lift your legs up and rest them on his shoulders before your man grabs your hips and enters you. You should then use a rocking motion to bring each other to orgasm.



What He Said

“This position isn’t easy to accomplish but it is worth it! I loved her sitting on my lap and rocking back and forth on my erection-it really turned me on. I was also

*free to caress her breasts and stimulate her clitoris which she enjoyed.”—Jerry (Becca's Guy) **Top Tip***

Make the most of being in control of the depth and position by lining him up with your g-spot so that you can both enjoy a wild lap dance.

Position #93 –Keeping Ahead of the Game

Instructions

This one is not for you if you suffer from a bad neck or a bad back, but if you are fit and ready for some fun, then start off by lying on your back on the floor. Push yourself off the ground with your shoulders and have your man kneel down in front of you and grab your legs where he can raise your body in the air. He can then enter you from behind and place your legs on his shoulder. Hold the back of his legs for support as he thrusts.



What She Said

“This was a challenge but it was great fun! I liked the feeling of having sex while almost upside down-the blood rushing to my head created an incredible

*sensation and it was a turn on looking up and seeing nothing but my own breasts. A great position for incorporating into a saucy session.”—Katie **Tip***

In order to give him an extra rush of pleasure, once you are in a rhythm you will be able to pulse your legs slightly-he will love the extra tight fit.

Position #94 –The Saucy Samba

Instructions

Lie on your side on the bed and turn yourself away from your man making sure your legs are straight in front of you at a 90 degree angle-making an L shape. Your fella should lie on his side behind you in the spoon position, lining his genitals with yours. He should then lift his body with his arms and put his top hand on your chest. He should then enter you and will be able to control the motion as he moves.



What She Said

“My man hasn’t got the biggest member and he can sometimes be a bit sensitive about it-which was why this position was great because the angle made it

possible for him to penetrate me deeper than usual. The tight fit caused amazing friction between us both.”—Giselle **Top Tip**

In order to make things more comfortable for you both and avoid too much friction, use lube to make it easier for him to slide in and out.

Position #95 –Spork Me

Instructions

Lie on your side on the bed and open your legs. He should then slide himself in between your legs and enter you while you are both facing each other on your sides. Wrap your top leg over his thigh and squeeze your leg muscles as he thrusts his butt back and forth.



What She Said

“I liked this position because of the intimacy involved. It isn’t as physically demanding as some of the other moves I have tried and because of the angle we

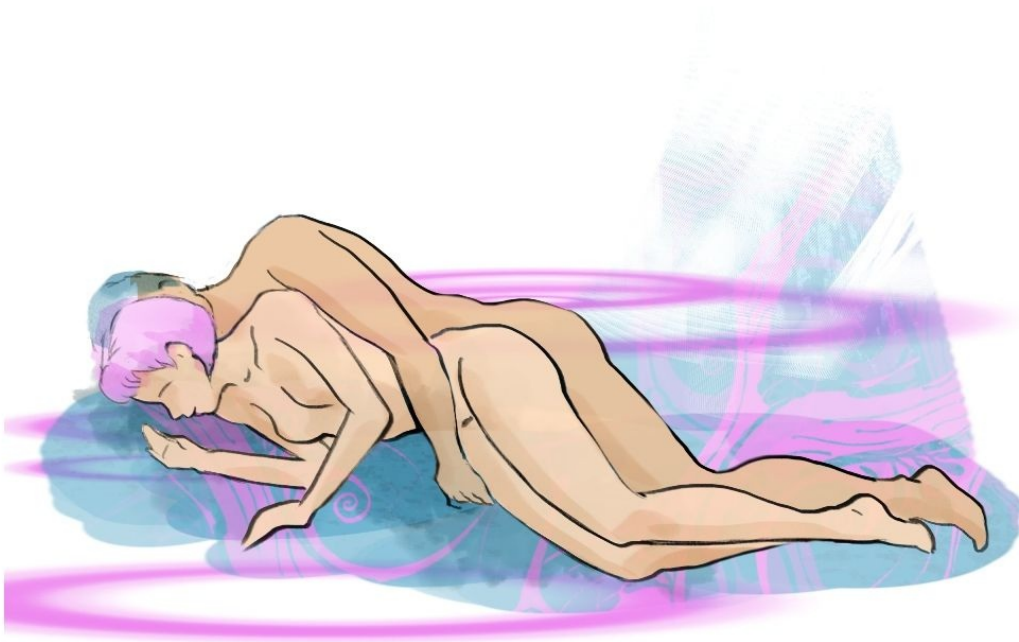
*were able to take things slow and kiss and cuddle at the same time. He was also able to stimulate my clitoris from his angle.”—Katie **Top Tip***

Why not spice things up a little bit by getting her vibrating friend in on the action? You can use it on each other to stimulate your genitals.

Position #96 –The Lean on Your Side

Instructions

This is a simple position which will help you to remain intimate but will also allow you to try something new. Lie on your side, propping yourself up on the pillows and get your man to snuggle into you from behind. Once you are both comfortable, get him to enter you from behind. Keep your legs closed for a snug fit as he slowly and softly thrusts in and out.



What He Said

“This position is good for starting off a raunchy sex session-I found that the initial closeness and intimacy of the position helped to arouse us more. I was

*also able to caress her breasts and buttock as well as stimulate her clitoris from this angle which she and I both enjoyed.”—Jerry (Becca's Guy) **Top Tip***

To mix things up and bit lift your top leg and place it over his so that your legs are wide open and he is free to stimulate you.

Position #97 –The Guy Pleaser

Instructions

If you want to treat your man, then why not try out a variation of the girl on top position? Get him to lie down on the bed, propping himself up with some pillows. Get him to open his legs slightly as you straddle of him and lower yourself down onto his erection. Stay sitting upright on his lap with your legs on either side of his hips so you can use your knees to push you up and down as you pump away.



What He Said

“I loved this position as it meant that I could focus all of my attention on caressing her breasts and buttocks. I was also able to stimulate her clitoris as

*you bumped up and down. I loved the feeling of extra depth with her on top as well and as she picked up speed I found that orgasm was also instant.”—Andrew (Giselle's Guy) **Top Tip***

Get him to thrust his hips up with you for a deeper, more intense feeling of satisfaction that you will both enjoy.

Position #98 –The Houdini

Instructions

Lie on your back on the bed and get your man to kneel in front of you. He should then slide in between your legs and grab your thighs, lifting you up so that your genitals touch. You can then slide yourself towards him as he enters you while you use your head and shoulders to give you leverage.



What She Said

“This position is great for deep penetration as he was able to pull me closer towards him as he thrust in and out. I was also able to use one of my free hands

*to stimulate my clitoris which helped me to orgasm.”—Lexi **Top Tip***

Make sure that you don't try this on silk sheets as you could end up sliding all over the bed!

Position #99 –Bucking Bronco

Instructions

Lie on your back on the bed, propping your head up with pillows. Get your man to straddle over you and, keeping your legs closed he should then enter you through the small opening made by your semi closed legs.



What He Said

“I loved this position as I was able to get in really deep and the fact that her legs were almost closed meant that I felt very snug inside her which gave great

*friction between us both. I found that moving gently up and down created the best sensation for both of us.”—Andrew (Giselle's Guy) **Top Tip***

To spice things up even more get him to caress your breasts and even pin you down by your wrists for added excitement.

Position #100 –Namaste

Instructions

Get him to assume the sitting yoga position on the bed with his legs crossed. Once he is comfortable, climb on top of him and lower yourself down onto his erect penis. Wrap your legs around him, crossing your ankles to lock you into place.



What She Said

“I liked the intimacy and closeness of this position. We were able to slowly rock together to create a very sensual and passionate orgasm. I liked the fact that we

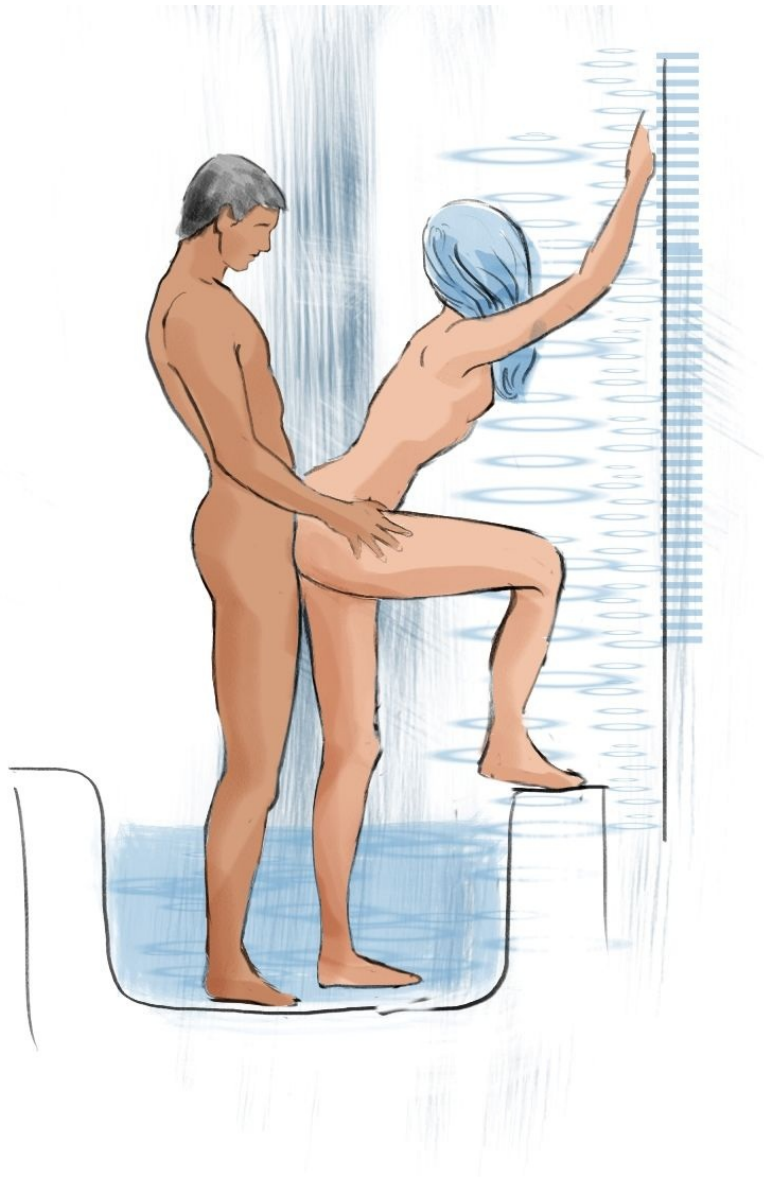
*both had our hands free so that we could touch and caress each other. It was a big turn on.”—Becca **Top Tip***

Get him to reach down and stimulate your clitoris with his free fingers while you run your fingers through his hair and nibble his neck.

Position #101 – Power Shower II

Instructions

For this move, you will need to put an anti-slip mat in the tub to make sure that you don't end up in the emergency room! Stand facing the shower curtain and make sure the liner is on the outside of the bath. Check the rod is secure to the wall before you place one foot on the edge of the bath and steady yourself with both hands on the rod. Get your man to hold onto your waist and enter you from behind.



What She Said

“This position is really great as I was able to run my hands all over her wet, naked body. It turned me on even more-there is nothing I love more than having

*sex in the shower, but this position adds a few extra thrill points. Worth a try.”—
Doug (Donna’s Guy) **Top Tip***

Just before she reaches orgasm, grab and squeeze her butt tightly for a skin tingling explosion of pleasure.

Surprise Bonuses For Buying Book

BONUS

As a special thank you for getting my book, I've got a couple of surprise bonuses for you to enjoy!

Until next time! ☺

Donna

BONUS #1 - SPECIAL BLOWJOB REPORT

Since we're on the topic of sex, my friend Gordon Roswell wrote a free report called "The Blowjob Genie Pocket Guide: 7 Unspoken Details on Giving Good Head". It's hilarious and informative!

If you're a girl, it's a great read because you don't want to be like the average girl who is horrible at giving head. You want to satisfy him and make him beg you to blow him ;) And if you're a guy, you want to make sure the girl you're with knows what she's doing! Of course you don't just give her book, but you learn about the 7 details so that you can be masculine and gently teach her. Because if you can do it in a supportive way, a girl would LOVE to go down on you :) So click on the link below to get the report for free!



<http://sexpositionsillustrated.org/blowjob-genie>

BONUS #2 – FREE KINDLE BOOKS

Have you read “Fifty Shades of Grey”? Well, I have. A few times actually :) Guess you can say that I couldn’t get enough Christian Grey!

As much as I love going out and socializing, sometimes I just rather curl up and read a good romance book on my Kindle. And just between you and me, I buy a LOT of Kindle books in this genre. But how do I find the good ones? One of my favorite places to get them (and a TON of them are free) is from this website:



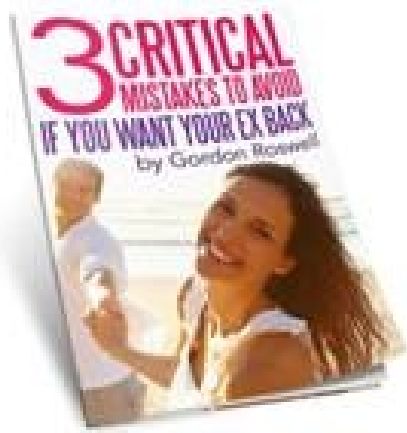
<http://goodsexyreads.com/bonus>

And they have a sister site for other genres as well you can check out (and also a LOT of them are free Kindle books):

<http://freekindlereads.com/bonus>

BONUS #3 – 3 CRITICAL MISTAKES TO AVOID IF YOU WANT YOUR EX BACK

Here’s another good one from Gordon that touches a very sensitive subject – getting back with your ex. I get a bunch of email from readers asking me about this kind of relationship advice and I always refer them to this report to help them with their process. If this is something you’ve always thought about doing (getting back with your ex), here are some good tips. Read away!



<http://sexpositionsillustrated.org/ex>

BONUS #4 – SHHHH IT’S A SECRET



And sometimes I won't tell you what your bonus is because it's a secret :) ok I'm just kidding, but I do like to surprise my readers sometimes. So check out this link if you want to know what else I might have for you:
<http://sexpositionsillustrated.org/secret-bonus>

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