

"100 Sex sweetening & Pleasure Filling Sex Positions"

1. Missionary Sex Positions

Missionary is one of the most well-known and popular positions for a reason. You don't need to be flexible, there's a lot of eye contact and physical closeness, and it doesn't require anything except a flat surface. It's also a great option for those who aren't looking for anything too wild. However, if you are looking to keep things fresh, missionary can be tweaked in a bunch of different ways to alter the pleasure, intensity, and kink factors for both partners. Check out these missionary-inspired versions:

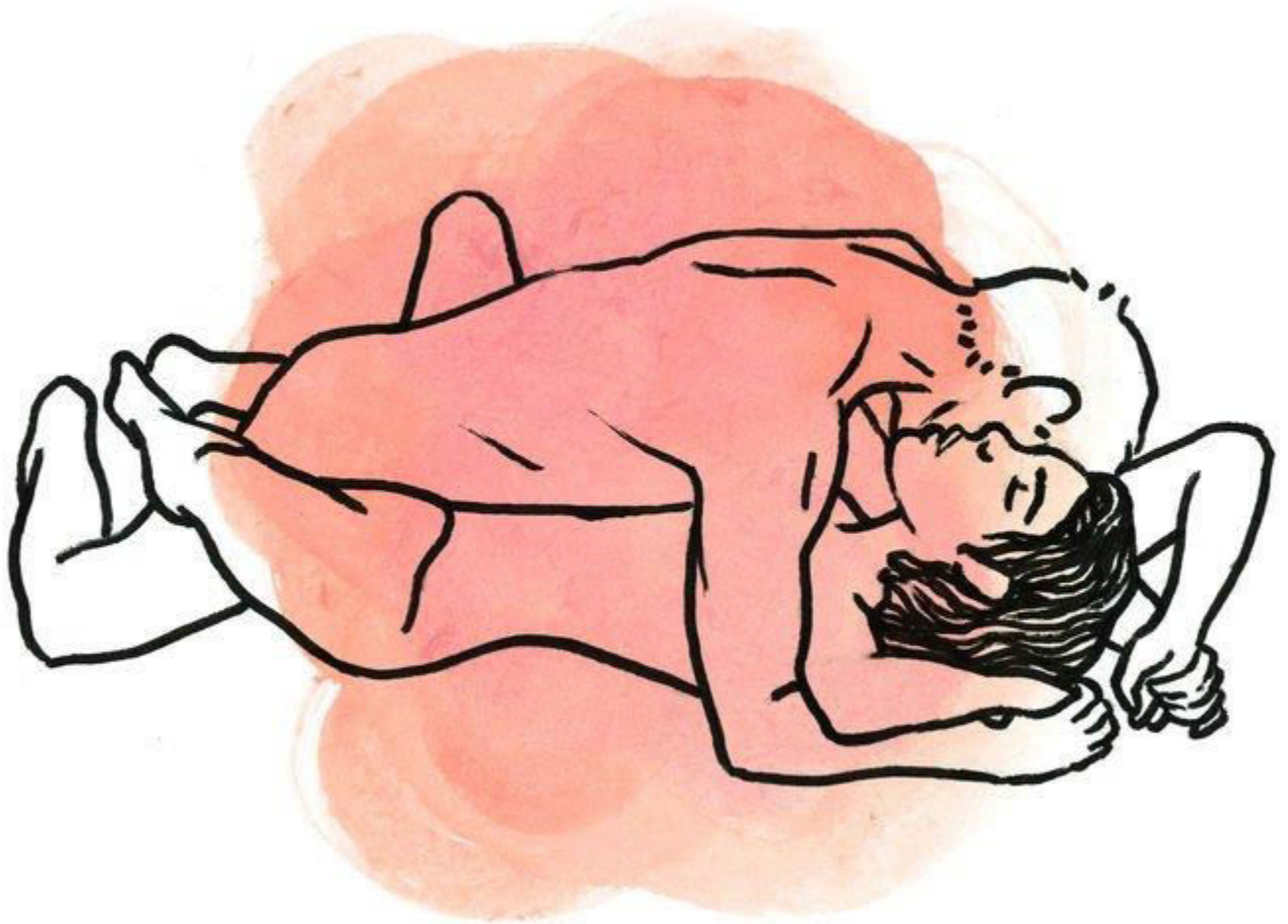
1. Missionary

Carlee Rander

The **Missionary position** (man on top, couple facing each other) is the most famous and classic of all positions. The eye contact, the mild male dominance and the angle of penetration make this a popular one, and odds are, the

first time you had sex was in Missionary. A very comfortable option that allows for easy thrusting, and an easy pull-out if you're a man, there's plenty of benefits to it and it'll work its way into basically any sexual encounter you find yourself in, at some point.

2. Coital Alignment Technique



Another spin on Missionary, the Coital Alignment Technique (C.A.T.), aka the Frog or the Perfect Position, looks to sacrifice elevation and power for proper

alignment. Start in regular Missionary, and then flatten your torso as much possible, while your partner should arch her legs and put her legs on your butt. What you're doing here is targeting the clitoris for more direct rubbing and friction. The pressure you put on her clitoris could help her get to orgasm quicker. You should also be staying nice and deep within her in the C.A.T. too, to ensure maximum penetration. In other words, this one is more for her pleasure than yours.

3. Legs on Shoulders



Carlee

A classic take on Missionary, this one can either be done with you lying down on top of her, or with her positioned at the edge of the bed and with you in standing (or more accurately leaning in) with her legs on your shoulders as you go into her. This position gives the man all of the control of penetration, but it will also allow you to penetrate more deeply, so it's a win-win. You may need to grasp her legs and pull in gently to prevent your thrusting from pushing her away from you.

4. The Pancake



Carlee

A more extreme variant of Legs On Shoulders, this one really puts you in the driver's seat. Start with your torso more or less vertical and her legs on your shoulders. Descend slowly until you're basically folding her in half. For more leverage, you can reach around her back with your arms and pull her tightly against you. This one is very intimate, but it also gives her very little mobility, so it's basically you who is 100% in charge of the thrusting. The pressure you're putting on her muscles can also create a tightness in her pelvis, leading to an increased tighter feel

for you. You should make sure she's flexible enough to pull this one off — many women aren't — and keep in mind you'll probably be able to pull this off for just a few minutes.

5. Swivel and Grind



Carlee

If you're working with a little bit less than the average man, the Swivel and Grind is your friend. Instead of the ol' in-and-out pumping, which is actually better for you than it is for her. Instead, once you're inside her, use your hip

rotation to grind and twist inside of her, pressing your shaft as hard as you can against her clitoris. The friction and pressure will be what brings her to orgasm, no matter what your size. To get maximum closeness, Missionary with legs on shoulders works best. You may also want to consider propping up her hips on a pillow or wedge (you can find specially made ones) to create the perfect angle.

6. The Viennese Oyster

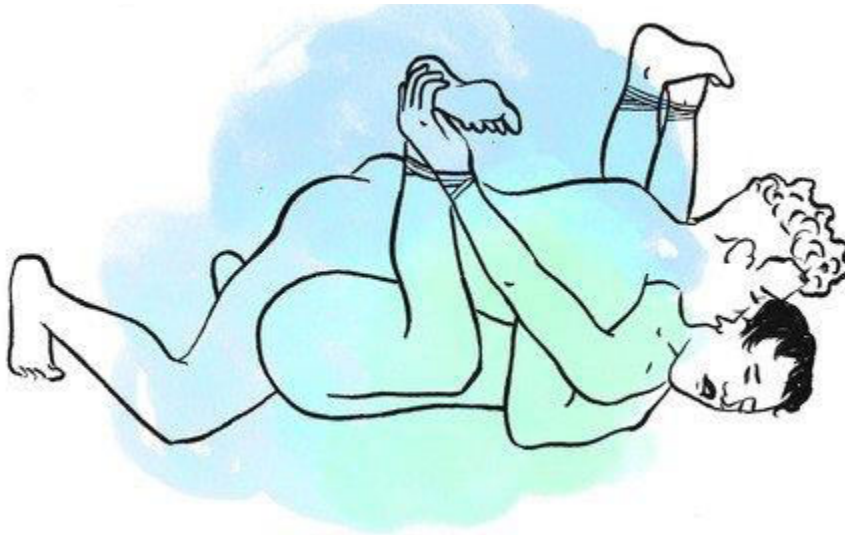


Carlee

In the Viennese oyster, the woman places her ankles behind her head while the man holds them there as he thrusts into her. Her tightened leg muscles mean it's great for deep penetration. Meanwhile, she can use her hands

to help support his body weight. This position isn't super common, and it definitely isn't for every couple — it requires a pretty flexible female partner, for one. That said, it offers a lot of control for the male partner, as well as eye contact. If those are musts for you, it might be worth a try.

7. Spread Eagle



Carlee

This one's not for beginners, as it requires a little light bondage. But if you're exploring kinkier options with your partner, this is a great option that allows you to take a more dominant role while still offering both of you a lot of intimacy. With your partner on her back, have her spread her legs and tie her ankles and her wrists together. You then have total control for a very steamy, powerful romp.

2. Doggy-Style Sex Positions

Traditional **doggy-style**, named because it's, well, how dogs have sex, features the woman on her hands and knees with the man kneeling behind her. It's a less intimate option than missionary-style positions, but sometimes, that's just what you're looking for. Doing it from behind can also mean easier access to the clitoris for one or both of you, and kneeling or standing positions can mean a very different thrusting experience where you're not supporting yourself with your arms and upper body. However, in this section, we've grouped all kinds of doing-it-from-behind positions, featuring standing, kneeling, and lying down options.

1. Doggy-Style



Carlee

Doggy-Style is a favorite for millions of people for a few reasons. It's the classic female submissive position and really lets the man be in control, and there's more than a few variations on it. In its simplest form, you kneel on the bed, with your partner on all fours. Enter her from behind, and hold onto her hips and/or torso. You can decide to go slow or hard. If you want to add some roughness, and your partner is into that, Doggy is a solid option that allows for you to pull her hair or spank her as well, provided she enjoys that. If you have a free hand, a clitoral reach-around or playing with her breasts can add extra stimulation, too.

2. Reach for the Sky



Carlee

Doggy-Style is normally done kneeling, but it doesn't have to be. An easy transition from normal Doggy-Style, in this version you actually get up on your feet and stand up, and lean way over her. You'll get somewhat of a less intense thrust than regular Doggy-Style, but in return you'll have a different sensation, particularly for her, and a pretty decent workout for your hamstring and ankles from it. The leaning forward actually lets you get a somewhat deeper feel, and the difficulty quotient will make you feel all the more accomplished for pulling it off.

3. Bedside Doggy-Style



Carlee

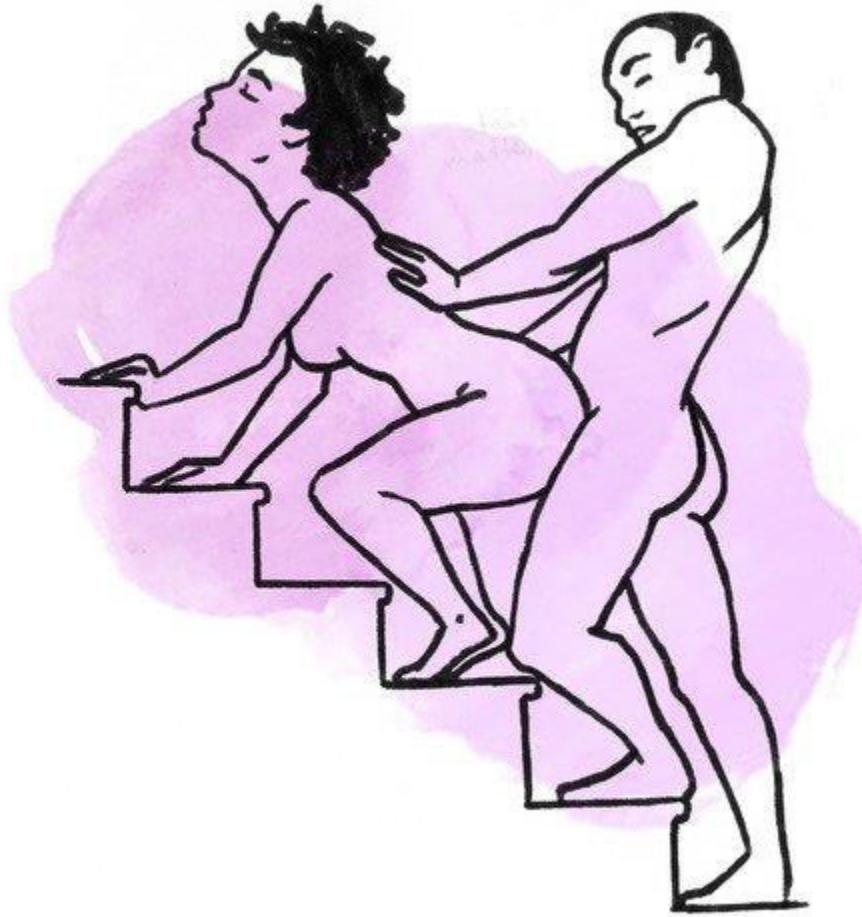
A lot of sexual positions have the woman on an elevated platform with the man on the ground — this one flips the script. Go to the edge of the bed and kneel. Have her standing straight up and back up to you slowly, and then bend over at 90 degrees. You then enter her from behind and thrust away. This one has a little bit less of the hands-on potential of traditional Doggy-Style, but it's an interesting take on the position that's arguably even more male-dominant. If you want to make things easier on her back, you can place a chair or desk to place her arms on for support.

4. Backdoor Planking

Carlee Rander

Sex expert Tyomi Morgan says: "This position not only accesses the G-spot and the A-spot to create squirting orgasms but it's also comfortable for the female partner after switching into several positions. Backdoor planking is a position where the female partner lies on her stomach with her legs close together, and is penetrated from behind. This position requires little work on her behalf, but feels amazing because her legs are placed closely together which creates a tighter entry for him and increased sensation for her."

5. Doggy-Style Stairs



Carlee

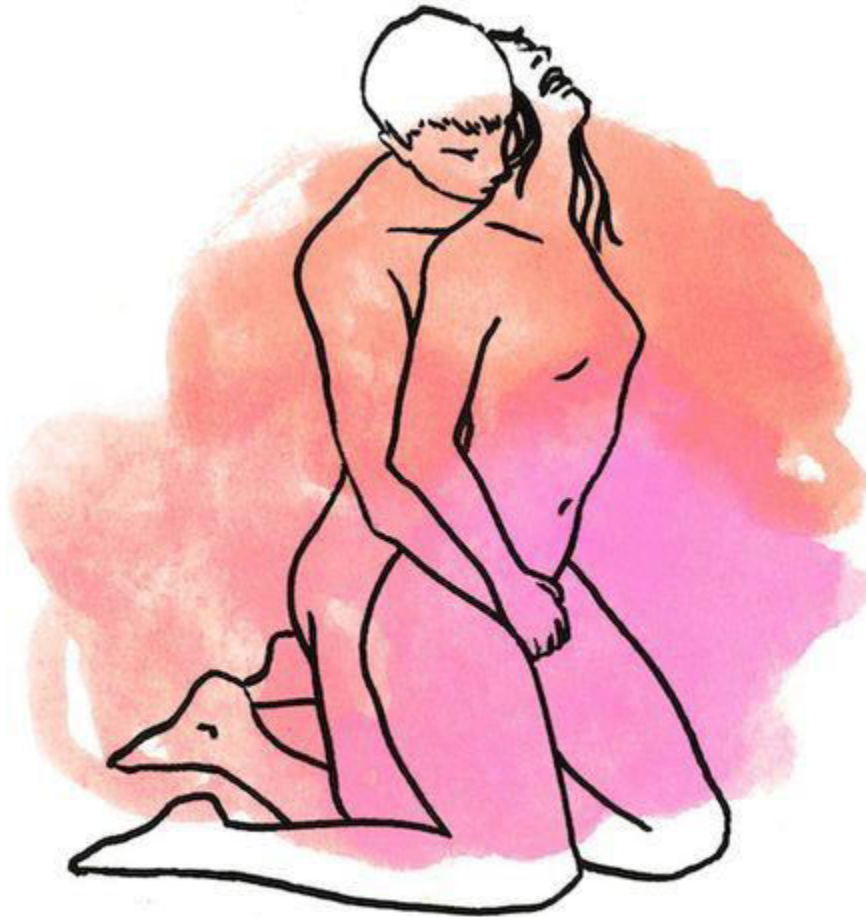
Another set up that works for **anal sex** or vaginal sex, the Doggy-Style sex on the stairs takes advantage of the natural inclination and steps to create new angles and supports for a classic position. Again, carpeted steps or a towel to protect her knees are a good idea. Depending on your height, you can either be standing or kneeling for this one. The stairs mean she can keep herself more upright, and the fact that you'll be on a lower step means you have a more natural, upright angle to enter her vagina than traditional Doggy-Style on a flat surface. Just make sure you don't fall!

6. Spooning



Spooning is one of the “cuddliest” of all the positions, but that doesn’t mean you can’t make it intense. You lie on your side, with your partner in front of you, facing away. Enter her from behind, and then both of you can control the pace and depth of thrusting. Spooning is comfortable; it’s great for longer sexual sessions with a lot of sensual touching and kissing of the back of the neck. You can also get quite handsy and reach around to play with her nipples or even reach down and add extra stimulation to her clitoris from the front, and it also works great as an anal option.

7. Kneel Together



Carlee

This position is a great variation on regular Doggy-Style. In this edition, you enter her from behind as you would normally with Doggy-Style, only then both of you straighten your torsos straight up. This position means her hands are a load free-er than they'd normally be during Doggy-Style, which means she can more easily play with her clitoris or even reach down and grab your balls.

8. Hyper-Connected Doggy



Carlee

Sex expert and founder of [Sexpressed.com](https://www.sexpressed.com) Scott Brown says: "It's a variant of the Doggy-Style position we are all familiar with. The man stands on the floor at the edge of the bed, and the woman gets into the typical Doggy-Style kneeling pose on the bed. After the man has entered his partner he pulls her up towards him so that she is now kneeling at the edge of the bed, instead of being an all fours. He supports her with one hand wrapped around her torso. This position is great because it allows you to get that deep penetration so many love about

Doggy-Style, but you're more connected with your partner because her whole body is up against you. Added benefits are that you can pull her hair, see her face, and also whisper nasty things into her ear, all at the same time, since you have one free arm. It's intense, intimate, and feels good!"

9. Chicken Wing Doggy-Style



Carlee

While this is a pretty straightforward doggy variation that

gives you even more control, it might be tricky for couples if the man struggles to support the woman's body weight. You start in the typical doggy style pose with your partner on all fours, then lift her up by her thighs from behind, with your arms underneath her legs to help support them. If need be, you can prop up one of her legs with your knee or thigh by planting your foot on the bed while your other leg remains in a kneeling position.

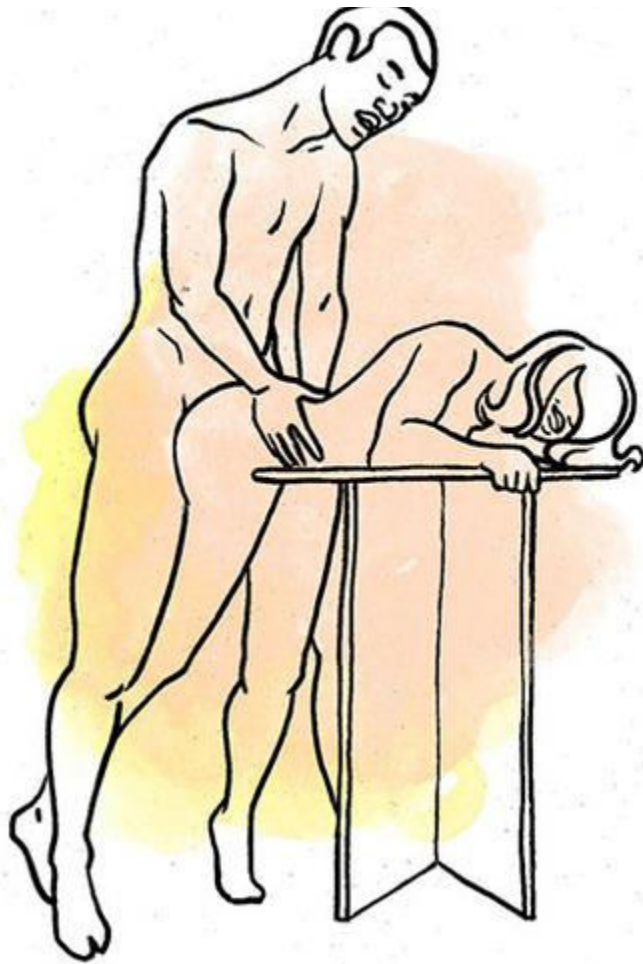
10. The Superhero



Carlee Ranger

Perhaps the ultimate strength test position, the "Superman" sees you bend her over a desk or table, with her using it for support. Then, once you're inside her, lift her pelvis up slowly until her feet are actually off the ground, and you're holding on to her as you thrust in and out. The sheer physical intensity of this one means it's not for the faint-hearted, but can provide an adrenaline rush as you go closer and closer to your breaking point. Keep safety in mind and let her down gently as soon as your strength starts to wane, and make sure you don't pull out too much.

11. The Lean Doggy



Carlee

Dating writer Jeremy Glass writes: "How it looks depends on (a) your partner and (b) the thing she's leaning over. If you have a really understanding woman-friend who doesn't mind being boned from behind while she rests her elbows on a wooden desk, all is well. Leaning your partner over, say, a table and taking her from behind requires work from her end (no pun intended) but allows the dude to go about sexy times while literally just standing there. Literally! How it feels depends on the surface. If you're leaning your partner over a bathroom sink, it probably won't be the best for her. However, if you're leaning her over the bed and there happens to be a

plate of pancakes and waffles on said bed... everyone's happy."

12. Bent-Over Standing Doggy



Carlee

This standing twist on Doggy-Style takes some serious flexibility and commitment, but if you're up for it (or down for it) it can be a fun addition to your roster of positions. This is also a great choice if you're trying to get it on in public without being caught — she can completely dip down behind a bush or parked car for cover.

13. Out-of-Control Cowgirl



Carlee

If you're looking for a doggy variant that offers her a bit more control, you could try the out-of-control cowgirl. In this version, rather than kneeling forward, the man kneels back with his butt on his heels, shifting it from a thrusting position to more of a riding position. The woman lowers

herself onto him, actively riding him rather than lying down or resting on her hands and knees. This one offers the man easy access to her clitoris and breasts for extra stimulation, as well as lots of body contact if she's leaning back into his chest.

14. The Cowboy

Carlee Rander

Before we get to the Woman On Top positions (aka different variations of the Cowgirl) let's check out the Cowboy! Finally, your chance to ride. This is a variant on the Backdoor Planking position that sees you putting your thighs outside of your partner's thighs instead of inside them. Your partner should push her butt up in the air a little bit to help give you a better angle — a pillow can help here.

15. The Toad



Carlee

In the Toad, the guy gets behind the woman and penetrates her — but rather than classic doggy style or standing doggy, here, both partners are crouched over together. A good option for those who find that the Frog isn't crouch-y enough, the Toad is a master class in getting it on while your knees bent. While this one should be considered for experts only, it's a strong choice if you're trying to sneak in a quickie and want to keep a low profile without fully lying down.

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