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ACROBATIC  
**SEX**  
POSITIONS

SO CRAZY WE DARE YOU TO TRY THEM

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QUIVER

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# INTRODUCTION

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Most couples have sex in just three positions.

Three.

Imagine that we were talking about people eating only three different types of food. They'd be considered unadventurous to the extreme. But more to the point, they'd be missing out on an array of delicious treats.

Introducing new positions is one of the best ways to freshen things up; it stops you from going through the motions and requires you to use your brain as much as your body during sex.

Acrobatic sex offers plenty of opportunities for laughter and fun. Some of the positions are tricky to get into and require teamwork. Others are just a tad undignified. Couples who laugh together, work with each other, and are prepared to be vulnerable with each other are more likely to stay together—a twist of the hips really can lead to so much more.

Take your new sexual routine at a pace that suits your fitness level. Don't be overambitious and go straight for the most complex positions. If you think something is too advanced, work your way up to it gradually—or omit it entirely. If something hurts, stop doing it. And of course, make sure you give each other a thorough rub down once you're done.

## WARMING UP

As with any form of exercise, acrobatic sex requires a warm-up. Stretching your muscles prior to vigorous sexual activity will minimize the risk of sporting injuries. The following exercises will help you and your partner prepare your bodies for acrobatic sex.

### Kiss Chase

Start with a mild cardiovascular workout by playing Kiss Chase. Your partner should run away from you, and you must chase after him to secure your kiss. Once you do chase down your kiss, swap roles so your partner has to chase you.

### Kiss-ups

Lie on the bed in the missionary position; the man should be on top of the woman with his weight supported on his hands. He should then start doing push-ups, letting his lips meet his lover's every time their faces are together. When he feels suitably warmed up, swap positions so that the woman is on top, doing push-ups to kiss her man.

### Deep Bends

The woman lies across the bed with her head hanging over the edge. Standing, the man straddles her face and slides his member inside her mouth. He then squats down to touch his fingers to the floor—and enjoys the deep-throating he gets as he does. The woman can put her hands on the man's hips to control the pace and help her avoid gagging. Note, however, that by hanging her head backward, she'll lengthen her throat, which should minimize gagging.

### Lick It

Reverse roles: The man now lies on the bed, and the woman straddles his face. When she squats down to touch her fingers to the floor, she enjoys the sensation of the man's tongue sliding inside her. (Men

Shave thoroughly beforehand to avoid causing any chafing.)

~~Once your bodies are primed and ready to go, take your lovemaking into high gear. All of the positions in this book should be entirely possible if you're generally fit. Most of them will give you a workout, too!~~

As with any exercise, if you feel uncomfortable at any point, take a break and rub it out.

# PICK ME UP

## ★ THE BENEFIT

If you're after G-spot thrills, you're in for a treat with this deeply delicious position. The woman gets an intense headrush from hanging her head forward while enjoying deep penetration thanks to the angle of entry. The guy has an incredibly graphic view for a visually erotic spur. He also has easy access to his woman's clit, so he can blow her mind on multiple levels.

## 🎬 THE HOW-TO

Start with the woman in doggy-style position, with the man kneeling on the floor between her legs. The man enters the woman, holds her around her waist, and slowly stands up, pulling her body with him so that her legs are raised off the ground. The man thrusts gently, directly hitting the woman's G-spot and using his hands to make sure that there's maximum fun all round.

## ✓ ACROBATIC TIP

Men, maintain a tight grip on your woman's waist to control the angle of penetration and ensure that your penis doesn't bend uncomfortably back. Ladies, you can help by tilting your hips upward. Pilates lessons will definitely help you hold this position for longer and flex your sex muscles to maximum effect.



# X-RATED

## ★ THE BENEFIT

Perfect for the well-endowed man, this position puts the woman in control—and the guy certainly won't be complaining given the view that he gets to admire. Better yet, this position leaves both of his hands free to caress the woman's torso, thighs, and clit. X marks the spot indeed!

## THE HOW-TO

X-rated is so called because your bodies form the shape of the letter X, giving the guy an extremely graphic view and letting the woman set the depth of penetration. To get into position, the guy lies on his back with his legs spread and knees raised. The woman then climbs on top of him, riding him with her feet facing his head and leaning back on her arms, and starts pumping away.

## ✓ ACROBATIC TIP

To increase the depth of penetration, tilt your bodies so that you're partially lying on your sides, with the woman's feet underneath the man's shoulders and the man's thighs wrapped around the woman, as pictured. The man can then use his hands around the woman's hips to pull her onto him. Unless the woman has great upper-body strength, it's best to get used to the basic position and work your way up to this variation as it can be rather demanding. As an easier alternative, the woman can deepen penetration simply by sitting upright.





# FRONT ROW SEAT

## ★ THE BENEFIT

This move certainly makes the most of every inch of the man. It's also great for G-spot thrills and gives the woman easy access to caress the guy's balls and perineum. As he nears climax, the man can lean forward to rest his weight on his hands, thus further deepening penetration. Naughty but oh-so-very nice!

## 🎬 THE HOW-TO

Feeling flexible? Good, because this position is certainly going to stretch you. The woman lies on her back and lifts her legs up and over her head so her knees are touching the floor by her ears. Once she's suitably stable, the man squats on top, slides in, and then alternates sitting back on the woman's buttocks with leaning forward to thrust inside her.

## ✓ ACROBATIC TIP

If the woman finds it tricky to hold this position, she can support herself by using her hands to hold her hips up. This will also make it easier to change the angle of entry.



# THE SKEWERED HURDLER

## ★ THE BENEFIT

The woman does all the work here, but she gets plenty of rewards for her efforts because this position allows her to set the pace of thrusting and grind her clit against the man's thigh all at once. Meanwhile, he's got easy access to caress her breasts and bits—and he should because the only other thing he has to do is sit back and admire the view. The Skewered Hurdler is great for men who are just starting their acrobatic sex regime.

## 🎬 THE HOW-TO

The guy lies back on the floor, leaning against a sofa or bed for support. The woman then straddles him in a sideways split, resting her hands on the floor to allow her to control her bouncing. The man can assist by putting his hands on her hips to help her move up and down should she start to tire.

## ✓ ACROBATIC TIP

The seriously bendy babe can try leaning all the way forward to rest her head against her ankle, thus giving her constant clitoral contact against the guy's upper thigh. If the guy's as limber as the woman, he can also do the split, thus allowing easy access to his balls and bum. Male G-spot stimulation, you say? That'll do nicely.



# L IS FOR LOVING

## ★ THE BENEFIT

All those hours in the gym will pay off when you're supple enough to enjoy L Is for Loving. Both partners can easily caress the woman's breasts or clit during sex—and if he's a leg man, he'll be in heaven when he sees her luscious limbs stretched out in front of him.

## 🎬 THE HOW-TO

Stretch those thigh muscles in fun new ways! The woman lies on her side and raises her top leg in the air, holding it in place with her arm. The man then straddles her and slides inside.

## ✓ ACROBATIC TIP

A bullet vibrator can take this position to whole new levels. The woman simply holds the vibe against her clit while the man thrusts. If the woman's upper leg gets tired, she can raise it and rest it against the man's chest for a while before resuming the original position. Not only does this give the woman rest, but it also changes the angle of penetration, which changes the sensation. Who knows, you may reach places you've never discovered before!



# FEET AND INCHES

## ★ THE BENEFIT

If he's into booty lovin', what more could you need? After all, everything is presented ready to play. And all that exercise will keep your blood pumping, building serious passion as you work your way toward climax. The unusual angle in this position presses the glans directly into the G-spot, so don't be surprised if female ejaculation ensues. It might be a good idea to put down a towel . . .

## 🎬 THE HOW-TO

The acrobatics involved here are subtle; this position requires controlled flexing of the pelvic floor muscles. The woman lies on the bed with her head on a pillow. The man lies on top of her, with his head at her feet and his feet at her shoulders. The woman raises her legs and arches her hips to allow the man to penetrate her, using her pelvic floor muscles to help her maintain the position. Once you're connected, flex your pelvic floor muscles in unison to stimulate each other in whole new ways.

## ✓ ACROBATIC TIP

The woman can engage her pelvic floor muscles while lying on her back, then use these muscles to slowly lift her pelvis, keeping her hips and feet flat on the bed. This ensures a deep control over the pelvic floor. As the male thrusts, the woman can gradually raise her feet from the bed—while keeping her pelvic floor engaged—to deepen penetration. Remember to breathe normally throughout.

The man may find it harder to slip inside due to increased muscular tension. If this is the case, the woman should simply bear down lightly with her vaginal muscles to ease access.



# NO. 14

## ★ THE BENEFIT

Hits the G-spot? Check! Provides seriously sexy pelvic friction and clitoral stimulation? Check! Gives you lots of scope for kisses and caresses? Check! You could say this position checks every box. It's a great thigh workout for both of you, but all that tensing is well worth the effort: It increases blood flow to your bits, making you more sensitive and helping boost your eventual orgasmic explosion.

## 🎬 THE HOW-TO

No. 14 gets its name from the shape lovers make in the position: The guy is number one, and the woman is wrapped around him in the shape of a four. To get into position, the man stands and the woman leaps up to wrap her legs around his waist and thighs, and slips him inside her. She then uses her pelvic floor muscles to raise and lower herself on him. The male tenses and releases his buttock muscles to add his own rhythm.

## ✓ ACROBATIC TIP

If your fitness levels leave a little to be desired, try this position with the woman resting her buttocks on the edge of the bed. The guy may need to kneel to get his pelvis level with hers, but it's a lot less work and still provides the deep penetration and clitoral stimulation of the classic No. 14.



# ADVANCED BEE

## ★ THE BENEFIT

The G-spot is practically unmissable in Advanced Bee due to the angle of entry and depth of penetration. It's great for small guys because it makes the most of every inch, so you'll both have extra thrills. The nipple-tastic view will put a smile on the man's face, too.

## 🎬 THE HOW-TO

This position is truly alphabetical in the language of love. The man forms an M shape and the woman sits on top of him in a V shape that perfectly angles her pelvis to help the man hit her G-spot. If the guy's up for anal play, he can sit on a toy to hit his P-zone, too. OMG!

## ✓ ACROBATIC TIP

Start in standard woman-on-top position, with the man sitting up. The woman then hooks her legs over the man's shoulders and wraps her arms around his neck for balance. Only then should the man lean back on his arms, unless you want to end up in a tangle of limbs. But then again, maybe you do . . .





# SPORTING OF SWANS

## ★ THE BENEFIT

Easy intimacy and the opportunity for eye gazing and kissing make this a romantic position that's great when you're feeling loved up. The guy can caress his lover's back, too—thought by Tantric practitioners to be where sexual energy resides. Last but not least, lots of clitoral stimulation makes this an all-around winner.

## 🎬 THE HOW-TO

You don't have to be superfit to enjoy the Sporting of Swans, but it helps. The guy sits down with his knees spread and pelvic floor engaged. The woman sits astride him, putting one foot flat on the floor for balance and hooking her other leg over his shoulder. She then uses her thigh and Kegel muscles to raise and lower herself and grind her way to orgasmic bliss, while the man flexes his pelvic floor muscles to move his member inside her.

## ✓ ACROBATIC TIP

The woman can balance more easily if she wraps her arms around the man's neck. No pulling on the neck, though, as that can cause back injury. The man can help by putting his hand on her lower back or gripping her bum—not that he'll need much encouragement for the latter.



# THE WALLFLOWER

## ★ THE BENEFIT

Deep penetration, labial stimulation galore, easy clit access, and eye contact: How much more versatile a position could you possibly want? The side-on angle will also change the sensation as the man slides into the woman. This is a particular winner if the man is blessed with girth . . .

## 🎬 THE HOW-TO

A wall is the perfect sexcessory for acrobatic sex. The woman stands side on to the wall, using it for support as she leans forward, raising one leg as she does. The man then slides into position, supporting the woman's raised leg with his hand. By leaning into the wall, the woman can balance easily when her man lifts her leg to waist level and slides inside.

## ✓ ACROBATIC TIP

If the man needs more of a challenge, skip the supporting wall. Instead, he should support the woman's torso with his hands. This is *not* recommended if you have a bad back!



# HANDSTAND AND DELIVER

## THE BENEFIT

Talk about head rush! If you get it right, this in-depth position makes the most of every inch, and should anal play be your thing, there's easy access for the man's hands. Given the extreme angle, the man will need to use his hand to position his penis appropriately, though the further up the woman's thighs he straddles, the easier it will be to enter her. Similarly, the man can lean forward against a wall to change the angle and make things easier. If penetration is still tricky and his member is of the inflexible variety, he can make life much easier by standing in front of the woman instead, and bending over her body for penetration.

## THE HOW-TO

It's time to hope you remember those gym classes, because this super-sexy position isn't for the unfi... The woman stands on her head, using her arms for support, and bends her knees towards her chest. The guy then stands astride the woman, facing away from her, taking advantage of her vulnerable and wide-open position in the hottest possible way.

## ✓ ACROBATIC TIP

If the angle is a little too extreme, the man can lean forward onto his stretched-out hands, to make penetration easier.



# BANANA SPLIT

## ★ THE BENEFIT

It may be a stretch, but this wide-open position ensures easy access to every inch of the woman's bits, bringing a whole new meaning to the word *erogenous*. His hands explore while he penetrates the woman in the deepest possible way—and there's nothing to stop her from lending a helping hand, too.

## 🎬 THE HOW-TO

And you thought that learning splits would never come in useful? The guy leans back and relaxes against a wall or sofa or office table while the woman stretches her legs wide to leave herself open to offers . . .

## ✓ ACROBATIC TIP

If the guy wants more movement, he can grip his lover's hips and help her thrust back against him. And if he's a bendy bloke, he can do a split, too, leaving his balls in prime position for play. Hot stuff.



# THE TOW TRUCK

## ★ THE BENEFIT

The majority of the nerves in the vagina are located within the first few inches. This mind-expanding position makes sure every single one of them is stimulated. And to add incredible G-spot stimulation all the guy needs to do is slide farther inside by leaning farther forward. This is not a position for the unbalanced!

## 🎬 THE HOW-TO

The woman kneels on all fours as if readying herself for doggy-style sex, but rather than mounting him in the usual fashion, the man stands with his buttocks pressed to hers, then leans forward until he can slide into her from this exceptionally unusual angle. He'll probably need to use his hand to gently bend his penis into position, at which point the woman can push back against him. His reward? A porntastic view that's sure to keep his pecker up.

## ✓ ACROBATIC TIP

The woman can balance on one hand and use the other to stimulate her clit or the man's balls to add extra thrills.



# PRIMA BALLERINA

## ★ THE BENEFIT

The man gets a seriously saucy view of his lover's bum and open thighs, and visual arousal is a sure-fire way to make a guy stand at attention. Meanwhile, the woman can enjoy an unusual angle that's sure to emphasize—and enhance—the man's girth. It's the perfect balance of pleasure for man and woman alike.

## 🎬 THE HOW-TO

The woman leans against a wall with her arm stretched out against it, then raises her leg in the air. The guy stands between her legs, holding her leg to help her maintain support and placing his other hand on the back of her neck or hip to help aid her balance. Of course, this hand is free to roam wherever else you want if the woman can keep herself upright with ease.

## ✓ ACROBATIC TIP

If a woman is seriously balletic, you can do this without a wall for support. And if the guy is after an extra challenge, he can lift his partner by the waist to give himself complete control over the thrusting. This is hot if you feel like playing master and slave.



# THE SKIER

## ★ THE BENEFIT

Thighs of steel may be required for this demanding position, but for women in search of G-spot thrill the Skier is by far the best way to find them because she can angle her man wherever she wants him. And if a guy's a little *too* blessed, she can limit penetration levels, too.

## 🎬 THE HOW-TO

The man lies on the bed with his buttocks at the edge of the mattress, legs in the air, and rod ready to rock 'n' roll. The woman starts by lying on top of the man with her back against his chest and pelvis above his, then slides onto him. She should then gradually sit up and lean forward, taking it slowly to ensure she doesn't bend her man the wrong way. Once she is sitting up, she slowly lowers her legs onto the floor, then rocks back and forth as desired. The man should keep his legs raised the whole time, thus allowing easy access for the woman to reach between her own legs to stroke his penis and balls. He can rest his legs against the woman's back if this proves too hard on his thighs.

## ✓ ACROBATIC TIP

The woman should use her love muscles to raise herself, Pilates style, when starting this position. Not only will it make things easier, but it'll tighten everything up, too.





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