# 126 Sex Positions Guaranteed to Spice up Your Bedroom



Aventuras De Viaje

## 126 SEX POSITIONS GUARANTEED TO SPICE UP YOUR BEDROOM

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Illustrations by Shumona Mallick

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#### **Warning: Contains Adult Content**

This book assumes that you and your lover(s) are responsible and willing participants and are of sound health and maturity for sexual intercourse. Safe sex practices are strongly recommended by the authors of this publication.

**Note:** This book is meant for print in shades of gray. The different shades of gray of the illustrations are intentional.

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#### Introduction

What follows are descriptions of many different positions for you to experiment with. They are grouped into similar positions *e.g.* behind, man on top *etc*. Many can be adapted to masturbation, toy play and anal sex.

Whilst experimenting, consider the following:

- Ø Where her vagina is too big for his penis, use positions where she can grip his penis, or where her legs are drawn to her chest to allow for deeper penetration. Positions where her feet are crossed will make her vagina tighter on his penis.
- Ø If he is too big for her, use positions that do not allow him to penetrate too deeply.

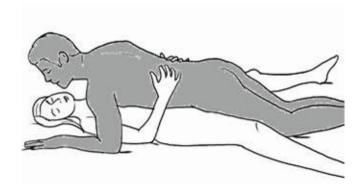
#### Man on Top

Man on top positions allow for face to face contact which is highly intimate, gives the highest percentage of woman orgasms and is the best for inducing pregnancy.

Some of these positions may be uncomfortable for woman who are already pregnant, or where the man is too heavy for the woman.

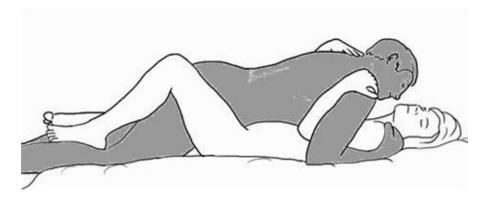
# **Position 1. Swallows In love**

She lies on her back completely flat and relaxed, with her legs slightly apart and fairly straight. He is on top with his legs in between hers. He rests on his elbows.



# **Position 2. Clasping**

He lies on top with his legs in between hers. Her feet wrap over his legs and rest on the inside.



# **Position 3. Twining**

He lies in between her legs. She hooks her leg around the top of his thigh.



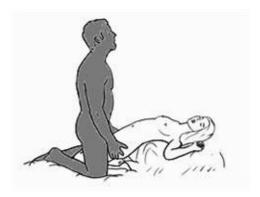
### **Position 4. 8th Posture**

She lies on her back with her feet crossed. He is on top with his knees on either side of her. He supports his weight on his hands and knees.



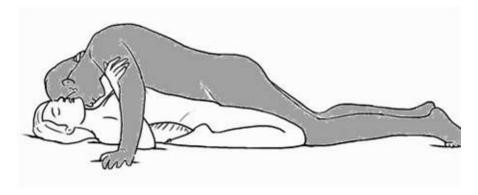
# **Position 5. Bridal Bridge**

She gets on her knees and lies back onto some pillows. He kneels in front of her, his knees on the outside of hers.



# **Position 6. Backward Bending Flower**

She gets on her knees and lies all the way back. A pillow under her lower back may aid comfort. He lies on top of her.



### **Position 7. 2nd Posture**

She lies on her back and puts her legs in the air. She grabs her ankles which opens her up. He rests his weight on his hands which are placed on either side of her head.



# **Position 8. 4th Posture**

He kneels. She lies on her back and puts her legs on either side of his head. She rests the underside of her knees on his shoulders.



# Position 9. Ape

He kneels. She lies on her back and rests her calves on his shoulders. He lifts her by the hips onto his penis.



# **Position 10. Dragon Turns Away**

She lies on her back with her legs in the air. He moves them to one side and kneels with one knee on either side of her.



# **Position 11. G-Spot Stimulator**

She lies on her back and places her legs on his shoulders, one on either side of his head. He is on his knees up against her. She raises her buttocks so he can enter her.



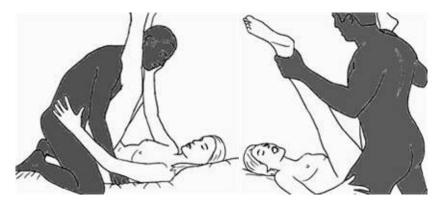
### **Position 12. Level-Feet**

She lies on her back and places her legs on his shoulders, one on either side of his head. He kneels with his legs on either side of her, sitting on his calves.



### **Position 13. Pine Tree**

She raises her legs high in the air, one on either side of his head. He kneels up against her. He needs to be careful not to push her legs too far forward. From here she can spread her legs as he grabs her ankles.



# **Position 14. Rising Star**

She lies on her back with a pillow under the small of her back. She brings her knees to her chest. He kneels in front of her with his knees on either side of her. He leans forward on her, resting his weight on his hands.



# **Position 15. Splitting**

She lies on her back with her legs together and in the air. He kneels in front of her, one knee on either side of her. She rests both her legs on one of his shoulders. She presses her knees and thighs together. He can hold her around the knees or come up higher and grab around her calves. She can cross her legs for a tighter fit and he can lean in for a deeper penetration.



### Position 16. Tail of the Ostrich

She lies on her back with her legs straight in the air and resting on his shoulders, one on either side of his head. He is on his knees in front of her in a tall posture. She raises her hips, using her hands if needed.



### **Position 17. 1st Posture**

She lies on her back with her knees pulled back and her legs spread. He lies in between her legs and supports himself on his arms. She can wrap her feet around his thighs. He can enter her at a high angle for clitoral stimulation.



### **Position 18. Yawning**

She lies on her back with her feet high in the air and open. He kneels in between her legs and they join hands. Her legs are at his waist level. He must be careful not to thrust too hard. She can invite a deeper penetration by bringing her knees to her chest.



As a variation, she rests her legs on his shoulders and they place their hands on the ground on either side of her head.



He can also lean in closer and she can hold his waist.



### **Position 19. 10th Posture**

She lies on her back and raises her arms to grab something behind her head *e.g.* the headboard. He is on his knees in between her legs and he also grabs the headboard. She can raise her hips to meet him or plant her feet on the ground. Push and pull against whatever you are holding onto.



### **Position 20. 11th Posture**

She lies on her back with her legs apart and he lies on top of her, in between her legs. Her feet are on the backs of his calves and her legs are relaxed. She can press her feet together for a tighter fit.



### **Position 21. Crab**

She lies on her back and bends her knees so her feet are off the ground. He kneels with his knees on either side of her body and supports his weight on his hands.



# **Position 22. Dragon Turn**

She lies on her back, draws her knees towards her chest and uses her hands to pull them apart. He is on his knees with his body in between her legs and places his knees on either side of her buttocks. He rests his weight on his hands and knees.



# **Position 23. Galloping Horse**

She lies on her back with her feet planted on the ground. He kneels in between her legs. She raises her hips onto him. He holds her by the ankle and the neck.



# **Position 24. Gaping**

She is on her back. He kneels between her legs. She arches her back to meet his groin and can continue to move her hips up to meet his thrusts. Only her head, arms, the tops of her shoulders and her feet touch the ground.



# **Position 25. Gripping With Toes**

She lies on her back. He kneels in between her legs and uses his arms to help support his weight. She raises her hips to meet his groin and crosses her ankles around his waist so she can use her legs to raise and lower herself on his penis.



# Position 26. Huge Bird Above a Red Sea

She lies on her back and draws her knees towards her chest. He kneels in between her legs. Her legs go over his arms. He leans forward and raises her buttocks to his groin.



# Position 27. One Who Stops at Home

She lies on her back and he is on his knees between her legs. He helps support his weight on his hands. She lifts her pelvis up and down on his penis.



### **Position 28. Placid Embrace**

She lies on her back and he kneels in between her legs. He pulls her up onto his groin and she crosses her legs around his back. She can pull him in with her legs and he helps to support her weight with his arms.



# **Position 29. Pressing**

She is on her back and he lies in between her legs using his arms to support himself. She grips him with her thighs tightening her vaginal muscles on his penis.



#### **Position 30. Raised Feet**

Lying on her back, she bends her legs at the knees and draws them back. He enters her from a kneeling position. Enhance this position by placing some cushions under her bum. She can pull him closer with her legs.



### **Position 31. Refined Position**

She lies on her back and he kneels in between her legs. Her feet are planted on the ground. She raises her hips to meet his groin.



# Position 32. Silkworm Spinning A Cocoon

She is flat on her back and he lies in between her legs, supporting his weight on his hands. She wraps her legs tightly around his torso then raises and lowers her hips in time with his thrusts.



## **Position 33. Stopperage**

She lies on her back and brings her knees towards her chest. He kneels between her legs bringing his face close to hers whilst supporting his weight on his hands. She can draw him in by pressing her heels on his buttocks.



#### **Position 34. 3rd Posture**

He kneels in between her legs. One of her legs goes over his shoulder on the same side (e.g. her right leg on his left shoulder). Her other leg is relaxed near his waist under his arm.



### **Position 35. 7th Posture**

She lies on her back, slightly to one side. He is kneeling. One of her legs is on his shoulder while the other is straightened underneath him. His knees rest on either side of her grounded leg.



# Position 36. Fixing a Nail

He kneels up close to her. One of her legs is raised with her heel at his forehead. From here he can massage her calf and thigh with one hand whilst playing with her clitoris or anus with the other. She can vary the sensations by moving her leg.



#### **Position 37. Half Pressed**

She raises her knees to her chest. He kneels up close to her with his legs spread. One of her legs stretches past his waist under his arm. The foot of her other leg is placed on his chest. She grabs him by the thighs and he holds her thigh and foot. He should keep his buttocks relaxed and can massage her foot. She can caress his buttocks and thighs and move her hips on him.



#### **Position 38. Horse Shakes Feet**

She draws her knees to her chest. He kneels up close with his knees on either side of her body. One of her legs goes over his shoulder while the foot of her other leg can rest on his stomach or chest. She can shake her raised foot as he thrusts.



# **Position 39. Splitting Of Bamboo**

He is up against her on one knee. That knee is on the outside of her torso. His other leg is stretched back. Her leg that is on the same side as his bent knee is on his shoulder. Her other leg wraps around his outstretched leg. She swaps the position of her legs throughout intercourse.



## Position 40. Ankle Hold

He grabs her by the ankles with his knees on either side of her buttocks. He holds her feet near his face.



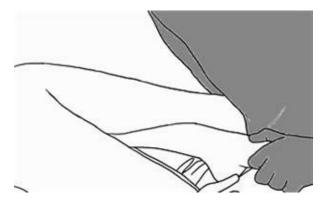
#### **Position 41. Fetal Flower**

She bends her legs at the knees and relaxes them to one side. He kneels up against her behind her legs. She can move her legs in a cyclic motion.



# **Position 42. Encircling**

She brings her feet to her chest and crosses her calves.



He kneels with his feet on either side of her body and leans toward her.



#### **Position 43. Held Feet**

He grabs her by the feet and kneels with each knee on either side of her. He brings her feet together and pushes her knees to her chest. He can massage her feet.



#### **Position 44. Horse Cross Feet**

He kneels with his knees on either side of her body. He grabs one of her ankles and pushes her knee to her chest. He uses his other hand to help support himself. As he thrusts he pumps her leg.



#### **Position 45. Intact Posture**

She brings her knees to her chest and keeps her knees close together. He is on his knees and presses into her with his chest on her knees. Start gently.



#### **Position 46. Jade Joint**

She lies on her side and brings her upper knee to her chest with her bottom leg straight. She uses her hand to help pull it into position. He kneels with one knee at her back and his other knee wherever he feels comfortable.



## **Position 47. Joining the Lotus**

She lies on one side supporting her head with her hand. She uses her hand to bring her top knee to her chest. Her other leg is laid out flat. He puts his knee between her legs, resting it in front of her body. His foot rests on the thigh of her extended leg. His other leg is stretched out behind him. Her raised calf is between his torso and arm.



#### **Position 48. Lotus**

She crosses her ankles and draws her knees up. He kneels with his knees on either side of her and leans over her resting on his hands. He can lean into her legs if she is flexible enough.



#### Position 49. Mandarin Duck

She brings one of her knees to her chest with her other leg stretched out. He squats over her, his feet on either side of her body. Her raised calf rests on his thigh. He uses his hands to support himself.



# **Position 50. Phoenix Playing in a Red Cave**

She brings her knees to her chest and holds her ankles together. He kneels with his knees on either side of her.



### **Position 51. Pressed**

He kneels with his knees on either side of her. She places both her feet on his chest. He massages her feet as he thrusts.



# Position 52. Pumping the Well

He is in a lunge position. She raises her hips to meet his groin. Her leg, on the same side as his bent leg, is raised up his torso so her foot is near his head. He presses his torso against this leg as he thrusts. Her other leg is bent at the knee with her foot pointing to the sky.



## **Position 53. Turning**

He lies on top of her.



Without taking his penis out, he turns 90 degrees, lifting his legs over hers until their bodies are at right angles. She supports his body with her hands to make the turn easier.



He continues to turn in the same direction until he is facing her feet, with his legs on either side of her body. Using lots of lubrication will make the turn easier.



# **Position 54. Rising**

He kneels with his knees on either side of her. She raises her knees towards her chest. One foot is near his shoulder whilst the other is on his chest.



### **Position 55. Turtle Move**

He kneels with his knees on either side of her. She brings her knees to her chest and he keeps her legs together by holding her at her knees. He almost withdraws his penis with every thrust.



### Position 56. Wife of Indra

He kneels with his legs close together. She also has her legs together and raises her hips to meet his groin. Her feet are on his stomach or chest.



#### Woman on Top

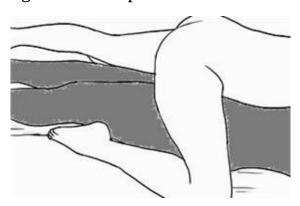
Positions where the woman is on top enables the female to have more control. The male should embrace the submissive feeling.

## **Position 57. Butterflies in Flight**

She lies on top of him. They are both flat. Her legs are on his legs and her chest is on his chest. They hold hands outstretched to their sides. He flexes his feet and she pushes against them to slide up and down on his body.



She can raise her leg to get more of a push if she needs to.



# Position 58. Fish

She straddles him with her knees on either side of his torso. Her chest is pressed against his. She can move vertically and/or horizontally on him.



# **Position 59. Interchange of Coition**

He raises his knees a little and spreads them apart. She lies in between his legs, supporting herself with her hands.



# **Position 60. Inverted Embrace**

She lies flat on top of him. Their legs are together.



## **Position 61. Sharing Reins**

With their legs slightly spread, she lays on top of him. She supports her weight on her hands which are placed on either side of his head. She pushes to raise her chest of his.



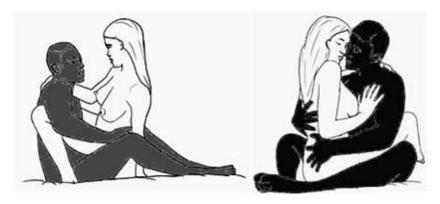
## **Position 62. Accomplishing Position**

He sits cross legged. She sits on him and leans back on one hand. She raises one leg in the air whilst the foot of her other leg is planted on the floor.



### **Position 63. Alternative Movement of Piercing**

He sits with the soles of his feet together. She sits in between his legs with her legs on the outside of his hips and her feet planted on the ground. She leans back on one hand and uses the other to grab his shoulder. Alternatively, she can sit close to him with her feet off or on the ground.



### **Position 64. Frog Fashion**

He sits with his knees raised and feet planted on the floor. He leans back onto his hands. She sits in the same position with one leg in between his legs. Their legs alternate. Their feet are placed on the outside of each other's bodies.



From here he can hold onto her if she wants to lean back.



#### Position 65. Kama's Wheel

He sits with his legs stretched out. She straddles him with each leg on either side of him.



Their upper bodies can be close together or she can lean back.



She moves herself up and down or in circles.



## **Position 66. Crying Out**

He sits with his legs out and she straddles him. Her legs are over his arms and he grabs her waist. She can use her hand behind her for support.



#### **Position 67. Lotus Inverted**

He sits crossed-legged. She straddles him with her feet planted behind him. They hug close and he lifts her up and down on himself. She can also take some weight on her feet. From here he can lie down whilst she moves, or she can lean back on her hands and rock back and forth.



### **Position 68. Loving Lift**

He sits with the soles of his feet together. She sits inside his legs with her feet on either side of his body. Her legs go over his arms at the elbows and he holds her waist. She leans back supporting her weight on her hands. He closes his thighs slightly to help support her. He moves her on him.



If he gets tired she can put her feet on the ground and rock on him while he leans back.



## Position 69. Paired Feet

He sits with his legs wide apart. She sits on him with her feet on either side of him. She leans back and he brings her knees together.



## **Position 70. Position of Equals**

He sits with his legs stretched out in front of him. She sits between his legs with her legs crossed around his torso in the air. She leans back placing her hands on his ankles.



## **Position 71. Singing Monkey**

He sits with his legs stretched out in front of him. She sits between his legs with her legs crossed around his torso and her feet planted on the ground. Their chests are close together. She can lean back on her hand to thrust on him.



## **Position 72. Snake Trap**

He sits with his legs stretched out in front of him. She sits between his legs with her legs on either side of his torso and her feet planted on the ground. They both lean back holding each other's feet for support as they rock.



## Position 73. Yin and Yang

This is also known as Yab Yum. He sits cross-legged and she sits on top of him. They hold each other close and she crosses her legs around his back.



# **Position 74. Ascending Position**

He lies down flat and she sits on him with crossed legs.



## **Position 75. Butterfly**

He lies flat on his back and she sits on him with her feet planted on either side of his torso. She leans back and holds his legs. If she gets tired she can go to her knees.



## Position 76. Cat and Mouse Sharing a Hole

He lies flat on his back with his legs close together. She lies on top of him with her legs on the outside of his. She supports her weight with her arms.



#### **Position 77. Catbird Seat**

He lies on his back and she kneels over him, each knee on either side of his body. She bends over him so that they are parallel to each other. She can lean forward to get more clitoral stimulation or lean back to hit the G-spot.



#### **Position 78. Love Seat**

He lays on his back and she sits on top of him with each knee on either side of his body. He lifts his knees towards her buttocks. She can use some material *e.g.* a scarf, to gain more leverage. She can put her feet flat on the ground and lean back into his thighs.



## Position 79. Orgasmic Role-Reversal

He lies on his back and she squats on him, each foot on either side of his body. He holds her legs together.



For a change of angle she can lean back and hold his legs.



### **Position 80. Pair of Tongs**

He lies on his back and she sits on top of him with each of her knees on either side of his torso. She clasps his hips between her thighs then slides up and down and forward and backward. She clasps his hips with her thighs and can push his thighs together with her feet.



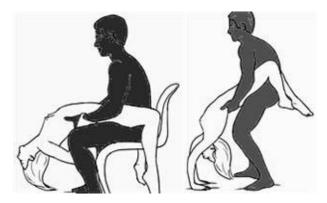
#### **Position 81. Race of the Member**

He lays on his back and draws his knees to his chest. She squats on him with her feet on either side of his buttocks. Her knees are on the outside of his knees. His legs come over her thighs and under her arms.



### **Position 82. Hanging Bow**

He sits on a chair and she straddles him. He supports her lower back and she grabs his wrists as she arches back. Her legs dangle, relaxed. She then places her hands on the floor and he slowly stands. She crosses her feet behind him.



Finally, he lowers himself down to his knees. Her feet may touch the ground.



## Position 83. Spider

He is on his hands and knees facing upwards. She straddles on top of him keeping at least one foot planted firmly on the ground.



### Position 84. Goat and the Tree

He sits on a chair and she sits on top of him facing away from him.



#### **Position 85. Mare**

He sits with his legs stretched out in front of him. She faces away from him and sits on him. Her knees are on either side of his hips with her feet behind him. She bends forward and supports herself on her hands which are on either side of his feet. She uses her vaginal muscles to 'milk' his penis.



She can sit up straight and stimulate her clitoris.



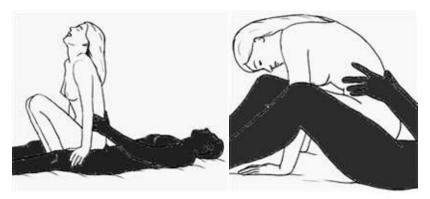
## **Position 86. Rabbit Grooming**

He lies on his back and while facing away from him, she squats onto him with her legs on the outside of his legs. If she gets tired she can switch to a knee.



## **Position 87. Reciprocal Sights of the Posteriors**

He lies on his back and while facing away from him, she squats onto him with her legs on the inside of his legs. She can lean forward for an erotic view.



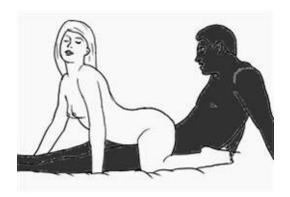
#### **Position 88. Reverse Crab**

He lies on his back and she sits on him facing away from him. Her feet are on either side of his legs. She leans back on her hands which are planted on either side of him.



### **Position 89. Swing**

He sits with his legs stretched out in front of him and leans back onto his hands. Facing away from him she gets on her hands and knees which are placed on the outside of his legs. He can run his fingers down her spine while she moves on him.



#### Position 90. Spinning the Top

He lies on his back with his legs stretched out in front of him. She straddles him with her knees on either side of his body. She leans back onto her hands bringing her feet to the outside of one of his shoulders. They clasp hands for support and she arches her back. When ready, she continues to spin on him using her hands to support some of her weight.



She finishes facing away from him, leaning back on her hands which are placed on his chest. She leans forwards and backwards to experience different sensations.



## **Position 91. Topping and Turning**

He lies on his back. Facing away from him, she squats on him with her feet on the outside of his legs then leans back onto her hands which are placed on either side of his shoulders.



#### From Behind

Although not as intimate as positions where you are facing each other, a man taking his lover from behind can give great pleasure. It is a highly dominant position for the male whilst, his lover can fall into submission.

## Position 92. 6th Posture (Doggy Style)

She gets on her hands (or forearms) and knees. He gets on his knees behind her. His knees are on the outside of her legs.



## **Position 93. Loving Chair**

She kneels on a chair facing the back of it and holds the back of the chair for support. He stands behind her.



## **Position 94. Rising Pillows**

She gets on her knees and relaxes over a mound of pillows which raises her buttocks into the air. Her legs are spread and he kneels in between them.



## **Position 95. Standing Doggy**

She gets on her knees in an upright position and spreads her legs a little. He kneels with his knees in between hers. His chest is close up on her back.



# Position 96. Tiger Step

She gets on her knees with her feet crossed and leans forwards relaxing her head, arms and chest on the ground. Her bum is in the air. He kneels behind her with his knees on the outside of hers.



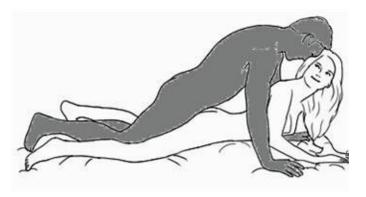
# Position 97. White Tiger

She rests on one knee and her elbows. He kneels with one knee on either side of her grounded knee. He holds her other leg up on the outside of his thigh. She can hook her raised leg around his buttocks.



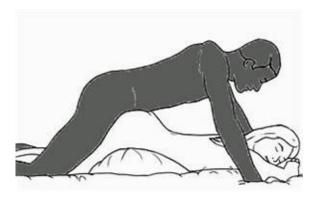
# Position 98. Cicada on a Bough

She lies on her stomach with her legs spread. He lies on top of her with his legs in between hers. He supports himself on his hands and she can do the same.



### Position 99. Coitus from Behind

She lies on her stomach with her legs together and with a cushion under her pelvis to raise her buttocks. He lies on top of her with his legs outside hers. He supports himself with his hands on either side of her shoulders.



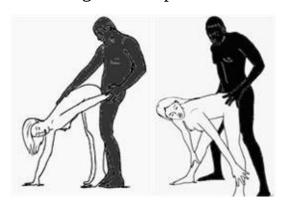
# Position 100. Elephant

She lies on her stomach. He lies on top of her raising his chest by pushing his hands into the ground on either side of her waist.



### Position 101. Congress of a Cow

From a standing position she bends over placing one or both hands on the ground. Her legs stay straight. He stands behind her and pulls her back and forth onto him. If she is not that flexible she can put her hands on a raised object *e.g.* chair, bed *etc.* Her legs can be together or apart.



### Position 102. The 'Quickie'

Although many positions can accommodate the 'quickie', coming from behind while standing often works the best. Clothes do not even have to be removed and the man has complete control to bring himself to climax.

**Note:** Quickies are a lot of fun but don't get addicted otherwise you'll miss a lot of pleasure.

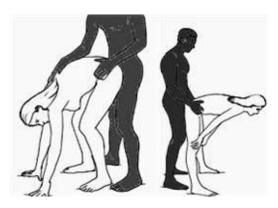
# **Position 103. Freestanding Love**

She stands with her legs together and squats just a little. He stands behind her.



### **Position 104. Late Spring Donkey**

She stands with her legs apart and places both hands on the floor, bending her knees a little. He stands behind her. If she wants she can straighten her legs and place her hands on her knees.



### **Position 105. 9th Posture**

She kneels facing the edge of the bed (or other object) and rests her upper body on it. She uses her forearms to prop herself up. He kneels behind her. Alternatively, they can stand.



### **Position 106. Loving Gaze**

She kneels on the edge of the bed. He comes up behind her with one knee on the bed and one foot on the ground. He grabs the leg or foot of hers closest to the edge, and holds it on the outside of his thigh of which his foot is on the ground. She turns to look at him which aligns their groins.



# **Position 107. Standing Spontaneity**

From a standing position he comes up behind her. She bends over on any available surface.



### **Standing Positions**

Some standing positions can be difficult to achieve as they may require more flexibility and/or strength.

### Position 108. Bamboo

Her back is to a wall and he lunges to her so their chests are close together. She puts her leg over his forward most leg.



If she is up against something lower (e.g. bed, table etc.) she can lean back on her hands while he grabs her around the waist.



# Position 109. Belly to Belly

They stand face to face close against each other. She can hook a leg over his thigh. It will help if she thrusts her pelvis forward.



# **Position 110. Driving the Peg Home**

He is standing and she wraps her legs around his waist whilst holding his shoulders. She can lean back into a wall or be pressed tightly against it.



# **Position 111. Standing Split**

They are both standing facing each other. She lifts one leg high over his shoulder.



# **Position 112. Supported Congress**

They stand facing each other with their legs alternating. She lifts one leg and he uses his hand to support it. It is possible free standing or with her backed up against something.



# **Position 113. Suspended Congress**

He stands leaning back against a wall with his legs apart and slightly bent. She sits on him dangling her legs over his thighs.



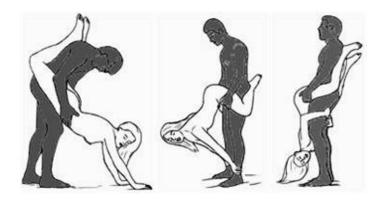
# **Position 114. Weeping Willow**

He stands. She wraps her legs around his waist and leans back so her head is near the ground. If he gets tired he can take a seat.



### **Position 115. Wheelbarrow**

He stands and she is in front of him, facing away from him. Her hands are on the ground or holding his legs or ankles. Her legs extend past his torso, one leg on each side of him. She can hold onto him with her thighs wrapping her feet around his waist or on his shoulders.



#### **Side on Positions**

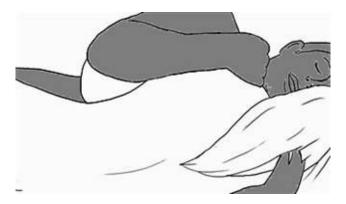
Side positions are great for relaxed sex. If you are sleepy or when your body is otherwise not up to other positions, side by side is the answer. It is also highly intimate and with the often slow nature, the male can usually last much longer.

### **Position 116. Transverse Lute**

They are both on their sides facing each other.



They hold each other close and he slides up and down her body.



### Position 117. Cicada to the Side

They are both on their sides. She faces away from him. She looks back to him.



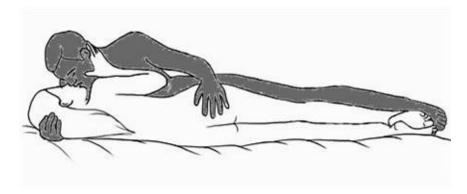
### **Position 118. Mandarin Ducks**

They are both on their sides. She faces away from him. Their legs are bent and his knees fit behind hers. She can allow for deeper penetration by bringing her knees to her chest.



### **Position 119. Two Fishes**

They are both on their sides facing each other with their legs stretched out.



Once he is inside her she places her legs on top of his.



### **Position 120. 5th Posture**

They both lie on their sides facing each other. His top leg is in between her legs and they hold each other close. She rests her top leg on his. She can raise her leg higher on his body to allow for deeper penetration.



#### **Miscellaneous Positions**

### Position 121. Autumn Dog

From a standing position she keeps her legs straight and places her head and forearms on the ground. He backs up to her with his feet on the outside of hers, until their bums are touching. He keeps his legs fairly straight and touches the ground. He uses his hand to guide his penis inside her then places it back onto the ground.



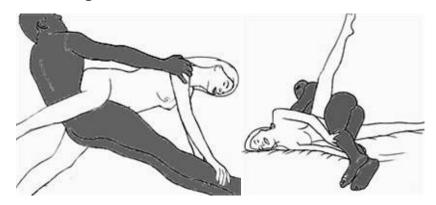
### Position 122. Fitter-In

They are both sitting up right with their groins together. One of her legs is on top of his and the other is underneath his. From here they can lean back onto their hands or lie back completely.



### **Position 123. Drawing the Bow**

She lies on her side and raises her top leg high in the air. He lies on her bottom leg so they make a + sign. He faces her back.

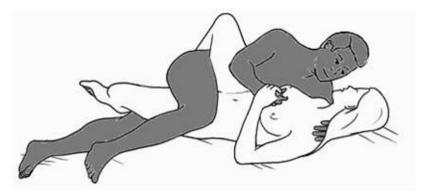


They hold each other's legs with their hands.



### **Position 124. Scissors**

She lies on her side and he lies next to her, facing her back. His bottom leg is under her bottom leg and his top leg hooks over her bottom leg. She raises her top leg, turns onto her back to face him, hooking the leg over his waist.



### Position 125. Sitting on Top of the World

She lies on her back and lifts her legs high in the air lifting her lower back off the ground. He steps through her legs so one foot is near her head and the other is behind her. One of her legs is in between his legs up his torso so her foot is near his shoulder.

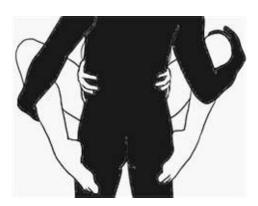


### Position 126. Seagulls on the Wing

She sits on the edge of a bed (or something similar) with her legs dangling over the edge. She lies back and spreads her legs. He kneels in front of her between her legs.



She can hook her feet on his buttocks or around his waist.



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