



Pleasure Positions

12 BEST POSITIONS
TO HELP YOU LAST
MORE.



INTRODUCTION

So, you're enjoying some time with a woman and want to make things more productive, right? Whether it's just to enjoy yourself, have an adventure or something more serious, it's normal to want everything to end well. Sometimes things end too quickly, but don't worry, this could be a sign that there's intense fun going on in bed. And this could even be a compliment to your partner!

But, of course, you also want to be in control of the situation. How can I make it last longer, give her pleasure and do it well? I have some tips that any guy can try right now. I consulted some experts and here are the 12 best positions to help you last longer.

These positions you can use tonight and will make you last longer, without complicated tricks or difficult things - it's just you and the woman, cool. And look, women like it when things are different in bed, so she's more likely to want to do it again...

Try these positions the next time you want to give yourself a boost. And do you know why? Some of them help it last longer and keep her happy for up to 45 minutes!



INTRODUCTION

1. They don't allow you to go too deep, avoiding excitement exaggerated.
2. Don't depend so much on coming and going, controlling your excitement.
3. They are more complicated to do, so you focus on the position and not just in the sensations down there.
4. You are in charge, deciding how much excitement you want and avoiding unpleasant surprises.
5. They prioritize her pleasure, which often involves movements less intense than you might think.

Learning these positions will make things more interesting in bed, without being boring. Women enjoy discovering new things, without knowing what to expect in bed. Changing positions during sex is cool, but take it slow. Women like variety, but they also want to relax in a position and enjoy the sensations. So, it changes, but without exaggeration. Four or five positions at once is good.



POSITION 1: COWGIRL



How to Do It: Lie on your back. Allow your partner to straddle you, straddle your hips, and insert his penis in an upright position. She can ride your cock like a cowgirl riding a bull.

How This Helps: This is a position where giving up some control can really help you.

Your partner has almost complete control of the penetration, depriving you of the ability to thrust quickly and vigorously if the spirit moves you.

Make sure your partner knows how to limit your pleasure and focus on hers. This will likely involve deep grinding and clitoral stimulation – the perfect break for your penis.

Difficulty Rating: 1

This is "Lazy Sex Exhibition A." All you need do is lie down during sex and let her do the work.

Your partner will love it because it's her time in the sex session.

POSITION 2: SPOON



How to Do It: Both partners lie on their sides, their front pressing against her back like in the cuddling position.

You are the big spoon, she is the small spoon. Your partner should separate her legs a little. Find her vagina with your hand and insert it from behind.

How This Helps: The strokes available to you in this position will be very short, preventing you from giving the long, wild strokes that push most men past the point of no return.

The short strokes target her G-spot, making it great for her. Focus on grinding your hips against her butt and consider stimulating her clitoris with your fingers.

If you can bring her to orgasm, it's easier to feel good about your own orgasm whenever it happens.

Difficulty Rating: 2

They are both lying down, which they can do in their sleep. However, getting the angle right may require a little hip manipulation, especially if your hips are different widths.

POSITION 3: SIDE BY SIDE



Do that: This is similar to spooning, but partners face each other. Lying on her side, face to face, her partner lifts her free leg and wraps it around her hip, allowing her hip access to her vagina.

How It Helps: Both partners control the depth of the thrust, resulting in an active and passive sex position for both.

Man gives up some control, allowing him to
Focus on the sensations while limiting how much he can push.

Difficulty Rating: 3

You're still lying down, so you won't have to hit or anything. The challenge here is to coordinate your attacks and work as a team.

POSITION 4: THE YAB-YUM



Do that: The man sits on the bed or the floor, and the woman straddles him.

hips, facing him, allowing him to enter her from the front.

How It Helps: This position has the advantage of being difficult to maintain. A man cannot thrust indiscriminately while keeping himself and his partner in position.

It's a very intimate position, great for pleasing your partner and getting feedback on her reactions.

Difficulty Rating: 7

This position is difficult to maintain, especially if you have the tight hamstrings or hips.

If you can't touch your toes, you may have to lean on your hands or bend your legs if you can't fully extend them.

Either way, this position teeters on the brink of collapse.

POSITION 5: NON-PENETRATIVE MISSIONARY



How to Do It Lay on top of your partner like normal missionary, but don't penetrate her. Instead, rub the back of your penis against your vulva, clitoris, and perineum.

How It Helps Most people never think of trying this form of "outgoing" but it can be a godsend for men who come too quickly.

There's still a lot of wetness and heat, but the sensation is focused on the less sensitive back of the penis, not the front of the shaft and head, where the most orgasmic stimulation comes from. She loves it because she can grind her clit against the shaft.

Difficulty Rating: 2

Most men can find a form of missionary sex that they can easily maintain, regardless of their fitness and flexibility.

POSITION 6: THE CROSS



How to Do It: involves you lying on your side and her lying on her back, her torso at a 90-degree angle to your torso, her legs draped over your hips, her butt exposed in front of your pelvis.

Push forward and get into it with your hips against the back of the thighs.

How It Helps: There isn't much range of motion for you to go crazy in this position, nor is it easy to thrust uncontrollably when your hips are at rest.

Difficulty Rating: 2

The angles available here are really versatile and lying on your side is the opposite of strenuous.

POSITION 7: THE LAZY DOG



How to Do It: Doggy style is usually an "end of sex" thing because with the man in control of thrust, depth, and thrust on the side (plus a great view), it's nearly impossible to last long.

Prone rear entry is a variation of doggy style that involves both of you lying down, you on top of her. Think of it as missionary with your partner turned upside down or on their back.

How This Helps The depth of thrust available to you is greatly reduced, allowing for doggy style fun without the intense stimulation.

Difficulty Rating: 4

Figuring out where to place your knees is a challenge, as is getting your hips at the right angle for you to really get into her. Most women keep their hips lower than necessary.

POSITION 8: WOMAN ON TOP



How to Do It: Similar to cowgirl, the woman climbs on top of you but lies chest to chest, like a reverse missionary position.

How It Helps: This position allows the woman to engage the penis deeply while restricting his ability to thrust.

She enjoys the deep feeling of fullness and can grind her clit against his shaft without pushing too vigorously to lose control. She's in charge, so be sure to communicate with her if you're getting close and need a break.

Difficulty Rating: 1

Another chance to relax and let her do the work.

POSITION 9: SIT ON THE THRONE



How to Do It: Sit on a chair and stand it upright with its back facing you, then lower yourself to sit on your lap, inserting your penis as you do so.

How This Helps: The woman has control and will generally grind against your hips, enjoying deep penetration without long or rapid thrusts. She can jump a little, but she does enough squats at the gym.

Difficulty Rating: 1

If you can sit in a chair, you can do this position.

POSITION 10: GRINDING MISSIONARY



How to Do It: Missionary is one of the easiest positions to lose control in because you're doing all the thrusting and have access to deep penetration.

Missionary grinding turns the position on its head, requiring you to push your cock deep and leave it there, grinding your hips against hers.

How It Helps: Without the long, intense thrusts, it's easier to keep your penis from being overstimulated. Meanwhile, your partner will love the front-action grinding. He rubs your clit while completely filling your vagina.

Difficulty Rating: 2

Most men know how to do some form of missionary, and this is no different.

POSITION 11: THE STANDING OVATION



How to Do It: Find a nice, comfortable pillow that she doesn't mind laying on. Make sure the pillow is close to your lower back. This sexual position requires him to face her and towards the bed or table.

How It Helps: This position offers deep penetration, intimacy and he has the option to thrust fast or slow, which also creates a great opportunity to take a break if needed.

This position benefits you greatly as the pillow lifts your pelvis a little, allowing for deeper penetration and the opportunity to target your G-spot more effectively.

Difficulty Rating: 4

Positioning and getting used to the pillow may take a minute or two, but once it's comfortable and in place, everything else is smooth sailing.

POSITION 12: KNEEL



How to Do It Your partner is lying on her back, like in missionary position, with her legs open. You kneel upright, entering her missionary style from a perpendicular position.

How This Helps From this position, you cannot thrust as deeply nor as hard as you do not have the leverage of your free hips.

You're also in control and free to slow down if things get too intense. Additionally, the tension required to maintain the kneeling position may distract you from pleasure just enough to delay orgasm.

Difficulty Rating: 5

Maintaining this kneeling position can be strenuous. You can delay orgasm, but this position can be difficult to maintain.

Up to 75% of women report not reaching orgasm through sexual intercourse alone, often resorting to toys, caressing, manual stimulation and oral sex to reach climax, or at least get very close to it.

This information is particularly relevant for men facing premature ejaculation (PE).

Be the kind of attentive partner who listens to your needs for passionate kisses, gentle caresses, nipple stimulation, and oral sex. These practices not only increase intimacy, but can also offer your partner pleasurable experiences, regardless of when penetration occurs.

By being able to bring your partner to climax even before penetration, the speed with which you reach orgasm will have less impact on the overall satisfaction of sexual intercourse. Focusing on her needs and desires will not only make her more satisfied, but it will also allow you to take your mind off worrying about your performance in bed.

By focusing your attention on her pleasure, you not only eliminate anxiety about your sexual ability, but you also gain the freedom to focus on delaying your own orgasm. This not only benefits your partner, but also makes for a more satisfying sexual experience for both of you. Therefore, by understanding and catering to your partner's individual preferences, you build a solid foundation for a healthy and fulfilling sex life.

IRON TONIC - FERNANDO RICCI