



No wonder this guy's smiling—he's in for one hell of a ride.

# The Most Satisfying Sex Position

To score **mutual pleasure**, nothing beats girl-on-top. Follow our hot tips and you'll both be seeing stars.

By Bethany Heitman

■ There's no doubt about it: Men love when a chick climbs on top in bed and takes control. In fact, every time Cosmo has polled guys about their favorite passion poses, girl-on-top came out, well, on top.

"Men are crazy about this position because they get a great view of your naked body, and unlike with most other poses, they don't have to do the majority of the work," explains Tristan Taormino, director of the *Expert Guide* sex-education video series. And it's not just blissful for guys; you can get maximum pleasure too. Learn how right here.

## WHAT MAKES IT GREAT

### You're in the Driver's Seat

Being on top is the ultimate power position. "You can play around with different speeds and how deep he enters you, depending on what feels best," says Jane Bogart, health educator at the University of California at Santa Cruz and author of *Sexploration: The Ultimate Guide to Feeling Truly Great in Bed*. Another bonus: "When you straddle your partner during sex, your Kegel muscles automatically tighten up, making the act even more intense for both of you," says Bogart.

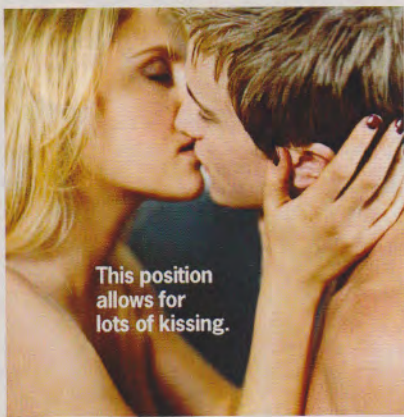
You might want to start by teasing your guy a little and only letting him enter you partway. Make it extra-feisty—and show him who's boss—by pushing him down on the bed so he's flat on his back. Place your feet on either side of his pelvis, lower yourself onto him, and gently move up and down. The shallow thrusts keep him from getting too excited too fast yet gradually build arousal. "Most women feel strong sensation in only the first few inches of the vagina, so taking just the tip of his penis inside you feels fantastic," says Bogart.

For more intense sex, have him sit up, then straddle him. Wrap your legs around his waist and your arms around his neck.

"This allows deep penetration," says Taormino. It's also very intimate: With your faces so close together, it's perfect for passionate kissing.

**Sexy Surrender**  
Make girl-on-top friskier by tying your guy's hands overhead with a scarf. He'll love that you're in total control.

TAMARA SCHLESINGER. Fashion editor: Maggie Hong. Hair: Luden Henriquez for Collective. Makeup: Susan Payne for Blink Management using Laura Mercier Cosmetics. Bra, pantie, and boxers: Calvin Klein Underwear.



This position allows for lots of kissing.

You can vary the stimulation by rocking back and forth together or moving your hips in circles rather than the typical up-and-down motion. Circular movements create a different sensation than straight up-and-down moves do.

WHAT MAKES IT GREAT  
**He Has Easy Access to Your Hot Spots**

Most chicks need attention paid to at least one of their two main pleasure zones in order to climax. “Having your clitoris and G-spot stimulated during sex can make for an easier and stronger orgasm,” says Taormino. And the girl-on-top pose gives you plenty of room to maneuver your body to make that happen.

The G-spot—the small spongelike mass behind the vaginal wall—can be elusive. For your man’s member to hit it, try this position, which allows you to change the angle and depth of penetration: Have him sit up with his legs outstretched, then straddle his lap, facing him, and let him enter you. Leaning back on your hands to brace yourself, lift your legs and rest them on his shoulders, then let him do the work. He’ll be able to hit your hot button more easily with every thrust, sending waves of pleasure through your body.

To get clitoral stimulation when you’re on top, have him lie on his back, then lie on top of him on your stomach so your pelvises are aligned and your

legs are outside his. You can rest your hands on his shoulders as you move up and down or back and forth. “Since your pelvis is against his, your clitoris will rub against his pubic bone as you move,” explains Bogart.

WHAT MAKES IT GREAT  
**You Can Get a Helping Hand**

Girl-on-top also makes it easy for your guy to stimulate your clitoris—or any other spot—manually. Sitting on him leaves your body open for exploration, and his hands are free to roam. “He has prime access to your breasts and clitoris, and he can help bring you to orgasm by stimulating these areas during intercourse,” says Taormino.

As you ride him, have him run his hands from your collarbone all the way down below the belt. Give him a similar quiver of delight by lightly running your nails up and down his torso, stopping to circle his belly button playfully. A tingling sensation will shoot straight to his package.

When you’re getting close to climax, let him give you a double dose of pleasure by gently rubbing your clitoris in a circular motion with two fingers until you cross the finish line.

WHAT MAKES IT GREAT  
**It’s Eye Candy for Him**

All men have a little voyeur in them; they get off on visual stimulation. And no other position gives guys a better view than the female-superior pose; it puts your whole delicious body on display. “Being able to watch you move and knowing he’s pleasing you is exciting for him,” says Bogart.

To give him a sight he won’t want to forget, lower yourself onto him until he’s securely inside you. Then bounce up and down so he can see your breasts jiggle. Place your hands on his chest or behind you to balance. You’ll make his head spin—and boost your arousal too—if you rub your own hot button as well.

Another optical treat for your guy: Shift into reverse-cowgirl. Swivel around so you’re facing his feet (if he comes out, put him back in). You can gyrate up and down, in circles, or both. Or if you really want to drive him wild, lean forward so you’re on all fours, giving him a full-on rear view. That image will earn a permanent place in his mental photo album of the sexiest sights he’s ever seen. ■

## Feel More Confident on Top

A Cosmo Web poll found that 40 percent of you worry about hopping aboard him.

### WORRY 1

#### Your Out-of-Shape Body Is on Display

Your guy is just ogling you with lust. But if you can’t let go of those self-conscious thoughts, don a sexy camisole. You’ll still be superhot but without feeling so vulnerable and exposed.

### WORRY 2

#### You Won’t Do It Right

Simply taking the initiative to climb on top will turn on your guy. Not sure what he wants? Ask. He’ll happily divulge his desires. Also, tell him to let you know when he likes your moves to up your confidence.

### WORRY 3

#### He’ll Think Your O Face Is Weird

Seeing that he’s pleasuring you is arousing. Still, if you’re uncomfortable, light candles. They’re flattering and sexy.

SOURCE: HEALTH EDUCATOR JANE BOGART, AUTHOR OF *SEXPLORATION: THE ULTIMATE GUIDE TO FEELING TRULY GREAT IN BED*