



Pre-Sex Stretches

Prep for passion with our lusty lover limber-uppers.

To loosen your muscles—and wow your guy with a new kind of foreplay—try these partnered “yogassage” stretches, courtesy of Joseph Caraccilo, a Manhattan yoga instructor and chiropractor whose clients include such celebrities as Demi Moore and Christie Brinkley.

● The Spine Tingler

What it works: Upper, middle, and lower back
How it's done: Kneel with your butt on your feet. Lean forward, resting your torso on top of your thighs and stretching your arms out in front of you to loosen the muscles along your spine. Have your partner stand directly behind you and gently press on your back to enhance the stretch. Switch places and repeat.

● The Pinball Tilt

What it works: Front of hips, abs, and thighs

How it's done: Lie on your back with your knees bent, feet flat on the floor. Rest your arms along your sides, and have your partner kneel beside you. As you slowly raise your pelvis off the floor, have him place his hands under you to help you hold the posture. Make sure your hips and thighs are in line. Hold for two counts, then lower your pelvis to the floor and repeat.

● The Tug-of-War

What it works: Inner thigh, lower back, arms, and abs
How it's done: You and

your guy sit on the bed or the floor facing each other, keeping your backs straight and tall. With his legs straight and spread in a wide V, extend your legs and place your feet along his inner thighs. Reach your arms across to one another, clasp hands, and look directly into each other's eyes. Then, maintaining eye contact, lean back as far as you can while he leans in toward you and vice versa. Take turns leaning forward and back. Switch inside and outside legs and then repeat.

And since your clitoris is at an easy-to-reach angle, he can stroke you there without interrupting the hot-and-heavy action.

GIRL-ON-TOP

If you like this ultimate grrl-powered, take-the-randy-reins sex style, you'll love:

3. The Starfish

Degree of difficulty: 8

How it's done: Your guy sits on the floor, his arms supporting his weight behind him, his legs stretched out in front of him comfortably.

You sit on his lap with your back to him, your knees bent and spread far apart, feet



firmly on the floor. With your groins grinding together, squeeze your PC muscles while he makes small circular rotations with his pelvis.

Why you'll love it: Although he has a hard time hitting your G-spot in the traditional girl-on-top positions, turn your back to him and the whole landscape changes. “This position keeps you in control but affords him a much more direct shot at your G-spot,” says Lloyd. It also leaves your hands free to stimulate his testicles and nipples. Meanwhile, he can stroke your inner thighs, neck, and other easy-to-access erogenous zones.

4. Row His Boat

Degree of difficulty: 9

How it's done: Your partner slouches down in a comfy but sturdy chair, his legs slightly spread. You straddle his lap as you face him, your knees bent and open against his chest,



your feet braced against the seat of the chair. While your guy grips your hips, thighs, or butt, you clutch the back of the chair and begin moving up and down along his shaft.

Why you'll love it: It's traditional girl-on-top with a tempting twist, explains Lloyd. With your knees bent and your hands and feet using the chair as a