



Introduction

Hey, it's Jack Grave here.

Congratulations on taking action and downloading this special report.

Too few men understand just how important sex positions are for tackling erectile dysfunction and premature ejaculation.

The wrong sex position – or even the right sex position performed in the wrong way – can make the difference between a fun, exciting and long-lasting sexual experience... and an experience that lasts only minutes or even seconds.

It's that important.

And given that these changes are so simple to execute, it makes sense to get this right, doesn't it?

Okay.

I've kept this short and to the point, because I know you just want the information so you can start USING it for better performance in bed and giving your woman a lot more pleasure.

Let's get into it...

Jack Grave

PS – For advanced techniques on boosting stamina and sexual performance – discover what pornstar Aaron Wilcoxxx (star of 200+ adult movies) personally uses to last longer in this video -

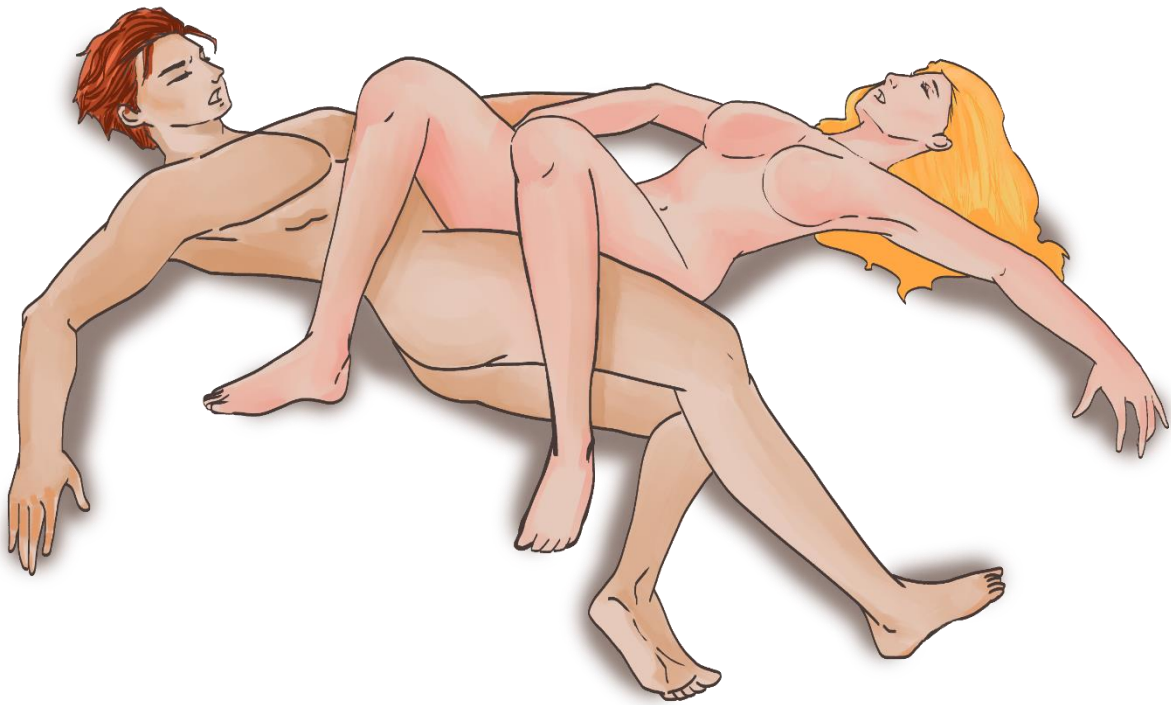
<http://3stepstamina.com/report-video>

About Jack Grave

Jack Grave is a leading men's health expert who has taught sex advice to millions of men from over 100 different countries.

Author of countless books and programs helping men improve their performance in the bedroom, men regularly seek out Jack for his expertise on erectile dysfunction, premature ejaculation and female pleasure.

The Cross



Here the man lies on his side facing the woman while she is on her back with her legs draped over his pelvis and perpendicular to his body. The man penetrates the woman by opening her legs and pressing herself against him.

The beauty of this position is that the penetration is a little deeper than in spooning – enhancing pleasure for both parties.

This position helps promote more stamina because the restricted and slightly challenging position for the man takes some of the focus away from stimulation, therefore delaying orgasm.

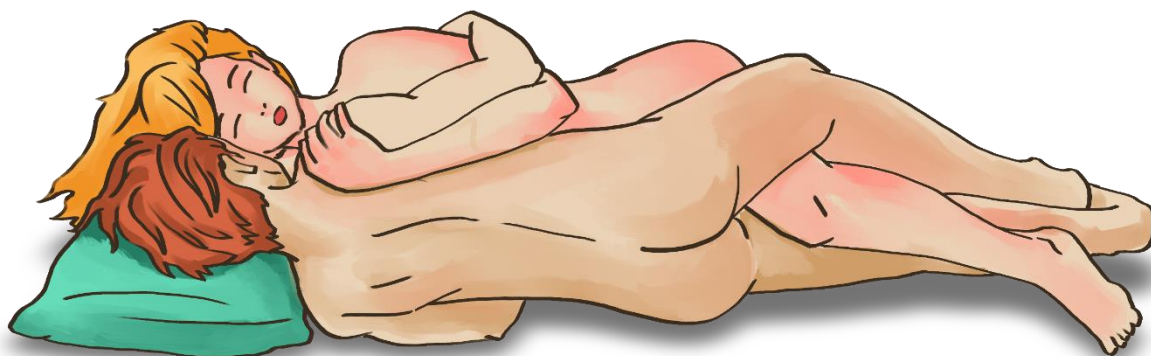
Modified Woman on Top



The man lies on his back facing the woman while she straddles him in a squat-like position, locking his legs to minimize the movement he can make. In this position the man can experience deep penetration and the view is, of course, amazing. This combination helps to tackle erectile dysfunction because it's possible to start even if not fully hard and use the momentum of this great position to improve arousal.

Plus, as an added bonus, the woman's G-spot can also be stimulated with this position.

Side by Side



The man and woman will lay on their sides, facing each other. His pelvis should be lower than hers. The woman should lift her top leg and wrap it around his waist. Just like with spooning, penetration requires a little manoeuvring.

Once the man is able to penetrate the woman, she should wrap her leg around him tightly. The woman can initiate movement by squeezing him closer before releasing him, or he can move by gently pulling away and pushing closer.

The shallow penetration position that doesn't allow for much thrusting and so ensures a "teasing" pleasurable sensation while preventing premature ejaculation at the same time.

Modified Doggy Style

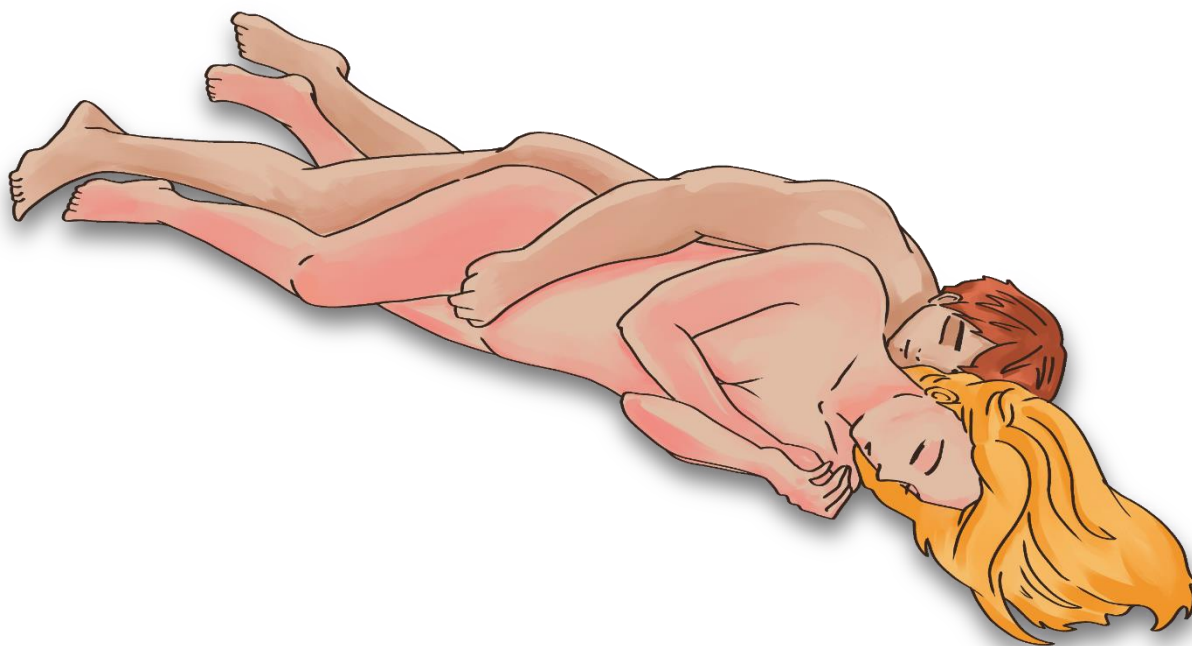


The man and woman will start off in regular doggy-style, with her on her hands and knees and him on his knees behind her. The woman will then slowly lower her body down to the bed, so that she will be lying fully on her stomach. He should follow along with her so he doesn't fall out.

From there, he can either lay down on top of the woman, with his stomach on her back, or prop himself up on his knees, with his legs on the outsides of her legs. This here is the key trick. By wrapping his legs around the outside of her it constricts the vagina, which increases stimulation and therefore helps promote a firmer erection.

Also, as a bonus, the chances of hitting the G-spot with this position are also going to be high.

The Trap



This position requires the man and woman to both lay on their side, facing the same direction. However, the woman should keep her butt as close to the man as possible. In this position depth and speed of penetration is limited, helping to prolong stamina, while at the same time the man is still able to provide additional stimulation to the woman manually at either the Clitoris or breasts.

The Front-Facing Straddle



The man should sit up with his legs crossed. The woman will then slowly lower herself onto his lap, using her hand to guide his penis into her vagina. She will then wrap her legs around his back, arms around his neck and initiate movement.

Many find the intimate nature of this position to be incredibly arousing and therefore is excellent for helping with normally weak erections.

Conclusion

Hopefully what you've realized in this report is that small changes can make a big difference to your sexual performance.

It comes down to knowledge.

Knowing a few key distinctions can take you from desperately struggling to having premium quality sex.

The underlying message then is two things...

#1 – Study up, because knowing what to do can make all the difference to your performance and her pleasure.

#2 – Act. Endless learning is useless if you don't take it and apply it in the bedroom.

The reality is that some techniques may take a few tries to get right, but once it works, the results will be well worth it.

Your woman will be more than grateful.

Trust me on that one.

Now...

ADVANCED Techniques For Lasting Longer In Bed

What you've discovered here is only the tip of the iceberg.

If you think what you've seen so far can help your performance then you're going to LOVE the more advanced strategies and techniques that are available to enhance your sexual performance.

At the moment there's a chance to learn direct from adult movie star Aaron Wilcoxxx – a performer who's appeared in over 200 adult movies and perfected his techniques with hundreds of different women.

Aaron has a reputation for being able to get rock-hard, on command and last for hours if necessary.

And what's really interesting is that his secret isn't just good genetics. He's developed multiple techniques to help him get rock hard (without Viagra or other dangerous drugs) and last for hours at a time and orgasming only when he's ready.

He's made a video explaining how he does it.

Check it out here...



CLICK TO WATCH

Watch the video here: <http://3stepstamina.com/report-video>