

THE ULTIMATE EXPERIENCE: TIPTRONIC VS. MANUAL?

Recently the discussion into cars started among two friends. Both fans of Audi vehicles. The conversation got interesting when they started talking about what type of transmission was the best.

Manual or Tiptronic?



I initially thought Tiptronic would have been the better choice, however my friend had something else to say about that.

So we started debating the pros and cons of both and this is what I learnt from that conversation.

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Manually driven vehicles are more interactive, action oriented and specifically design for racers at heart. It gives you more control over the car and keeps you aware especially at nights.

Tiptronic Transmissions on the other hand are closer to automatic transmission for relaxed drivers due to ease of changing gears especially if they are not well versed on manual transmissions.



However with Tiptronic in a Audi, there are two types:
CVT (continuously variable transmission) or Multitronic and
S-tronic which is also DSG i.e. a dual clutch

Tiptronic DSG model is designed to operate just the same as the manual transmissions but designed with the ease of changing gears with immediate response to accelerate/decelerate your speed.

So it is not recommended for persons looking for a racing type of fun and adrenaline rush that comes with it to get a tiptronic transmission vehicle.

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He also went on to state that with manual transmission if you should have any brake issues, it would be easier to slow down and eventually stop your vehicle as it reacts faster to gear changes and accept the gear you choose in the situation.

Why?



With tiptronic, to gear down the vehicle, it has to be at a specific speed so if you have a brake issue you can't attempt to slow down the vehicle if you are in a high gear whereas, with a manual, you can jump from a high gear to a low gear to slow down a vehicle even though it may cause some damage to the gearbox.

So in closing, if you are like me looking for a little adventure and doesn't how much about racing, changing gears and sinking the clutch for every gear movement; in other words easier way out then Tiptronic is the way!

However, if you are looking for the ultimate fun of racing and always being in control of your vehicle and constant moving to keep awake then Manual is for you!

Hope you enjoyed this article.

4 Sex Positions Every Man Should Try

Whether your goal is to give her a blended orgasm or target her G-spot, focus on vaginal pleasure or hone in on her clitoris, we've rounded up four positions that will help you perform like a pro in between the sheets.

**For ultimate access to her clitoris, try:
The Pretzel a.k.a. The Camel Ride**



The Pretzel a.k.a. The Camel Ride

How it works: Kneel and straddle her left leg while she's lying on her left side. From here, she should bend her right leg around the right side of your waist—allowing full access to her vagina. This position is an upgrade from standard missionary because this sets you up for deeper penetration and allows you to slow your roll. “Most women find sex much more pleasurable when it's not just constant thrusting,” says Landa. So spend some time exploring

her body. This setup gives you complete access to her clitoris for manual stimulation. But don't feel limited to solely hands on fun. Try withdrawing your penis and, while holding the shaft with your left hand, rub the head against her clitoris. Start out soft and slow, then as you increase speed and pressure, reinsert once you've brought her to the brink of an orgasm.

**For targeting her G-Spot, try:
The Standing Dragon a.k.a. Crouching Tiger, Hidden Serpent**

How it works: Position her on the edge of the bed, posing on all fours. As you stand behind her, have her arch her back so it lifts her butt upward. With your legs outside of hers, use your thighs to squeeze her knees together, which tightens her vagina around your penis. This position is ideal for G-spot stimulation and also gives you a great view of her curves.

4 Sex Positions Every Man Should Try

**For intensifying vaginal pleasure, you should try:
The Flatiron a.k.a. Downward Dog**

How it works: Have her lie face down on the bed with her knees slightly bent and hips slightly raised. For comfort, and to increase the angle of her hips, you can suggest placing a pillow under her lower abs. From here, enter her from behind and keep your weight off of her by propping yourself up with your arms. This position creates a snug fit—which intensifies her pleasure by making you feel larger to her. (A killer tip for you: You'll last longer in this position if you switch to shallower thrusts and deeper breaths.)

**For optimal dual pleasure, you should try:
The Pole Position a.k.a. Thigh-master
The Pole Position**

How it works: Lie on your back and bend one of your legs, keeping the other outstretched. Have her straddle the raised leg with a thigh on either side and then lower herself onto your member so that her back is facing you. From here, she should hold your knee and use it for support as she rocks up and down. “This position is great, because it’s a lot like the reverse cowgirl, but with a twist,” says Landa. Raising your knee allows her to rub against your thigh—which produces optimal clitoral stimulation, says Landa.



The Pole Position a.k.a. Thigh-master

10 MOST EFFECTIVE AB WORKOUT

Here are the top 10 most effective abs workouts that will guarantee a well toned abs.

1. Abs Crunch

Lie flat on the floor with knees bended, feet flat on the floor. Relax take a deep breath and slowly tighten your abs and slowly bend forward. The force should be coming in from your stomach not from the neck. Hold this pose for a few seconds then release, go down slowly.

2. Abs Reverse Crunch

This strengthens the rectus abdominis or the muscle that is responsible for the six pack abs. Lie flat on the floor feet straight, keep your back and buttocks aligned and on the floor. Then slowly raise your legs together 45 degrees, hold this pose for a few seconds and do not lock your knees.



3. Bicycle Crunch abdominal exercise

This exercise is rated to be one of the most effective abs workouts. Lie flat on the floor raise your legs at a 45 degree angle and do a pedal motion. Then slowly touch your right elbow to the left knee and vice versa while doing the bicycle pedal motion.

4. The Captain's Chair abdominal exercises

This targets the rectus abdominis muscles. This is also known as the hanging leg lifts. You have to have a tall captain's chair usually found in the gym. And slowly lift your bended legs towards your chest.

5. Crunches using the stability ball

Set on the ball and slowly roll the ball until you are in a reclining position and your body is parallel on the floor. Gently lift your upper body at a 45 degree angle and curl. This workout works the entire muscle group in the stomach.

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6. Seated oblique twist using a medicine ball

This exercise targets the rectus abdominis, internal and external oblique muscles. Seat on the floor with legs and knees bended recline in a 45 degree angle. Hold the ball at center and slowly move from side to side holding each pose for a few seconds on each side.

7. Oblique Crunch

This exercise centers on the oblique muscles and the rectus abdominis as well. Lie flat on the floor with feet and legs bended; slowly twist your lower body to right or to the left. Raise to a crunch position and bend sideways at the opposite direction where your lower body has twisted. Repeat this on the other side using the same technique.

8. The Cross over crunch

Lie flat on the floor with knees and legs bend, put your right leg at your left leg so the right ankle is resting on the left knee. Then carefully raise to a crunch position and bend sideways opposite the raised knee.

9. Alternating Superman

This exercise is for core muscle strength

Lie flat on the floor face downwards arms raised like superman is flying. Then slowly raise the right arms and left legs first, hold this pose for a few seconds and do it again on the other arm and leg. Your head face down so that your spine is aligned.

10. The Plank exercise

For core muscles stability and strength

Lie flat on the floor facing downwards like in the push up position. Your forearms and toes firmly secured on the floor. Slowly lift your body up and hold this pose for 10 seconds. Your head should be facing down for proper spine alignment.

These are some of the most effective abs workouts that are rated by exercise experts that are proven to be effective in targeting the muscles groups in the stomach.



Express Yourself With NAS

The Reason You're Not Into Hot Women Anymore

Not lusting after hot women lately? Blame your girlfriend, says new research from the Journal of Neuroscience.

Sure, it may sound obvious: If you have a significant other, you're (hopefully) not roaming the streets in search of good looking girls. But whether you're a bachelor or a boyfriend could actually affect how close you let an attractive female stand by you.

That's right—you may be actively turning away the company of a hot woman, and it's all because of your loving girlfriend, her bedtime cuddling, and all that inconvenient hand-holding and orgasming you do with her, both of which release oxytocin (“the love hormone”).

In the study, an attractive female researcher approached a group of men who were given a dose of oxytocin—some single, some taken. The researcher asked the men to speak up when they thought she was at an “ideal” distance from them. The results: Tied-down dudes had bigger personal bubbles, preferring the hot scientist to stay about 28 to 30 inches away from them, while single guys liked her about 20 to 24 inches away.

Researchers think that oxytocin in committed men can boost their fidelity to the point that they physically distance themselves from other options. Our take? While we'd never advocate flirting with other hot women if you've got one of your own at home, that doesn't mean you should avoid them altogether.

We repeat: DO NOT AVOID HOT WOMEN.

In fact, no matter the sex—male or female—being around strangers could cheer you up, according to a British Medical Journal study. And failing to make eye contact with them could lower your self-esteem, say researchers at Purdue.