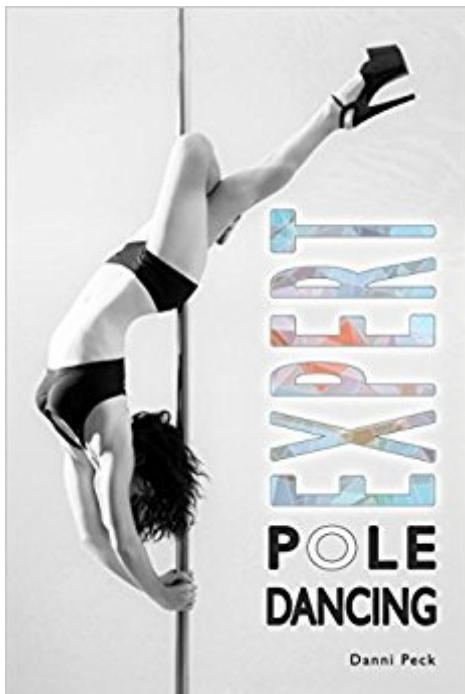


The book was found

Expert Pole Dancing: For Fitness And Fun



Synopsis

It is time to put everything you've learnt together. This is the fourth and final book of the Pole Dancing series. In this book you will learn some of the most difficult moves including: How to do a flag and variations of it Killer poses that look amazing on the pole Complicated inverts that look graceful Fun doubles moves to try with a friend How to perfect your moves by recording yourself Why stretching and flexibility is necessary at this level Get ready to become the pole dancing expert you always wanted to be.

Book Information

Series: Pole Dancing (Book 4)

Paperback: 89 pages

Publisher: Independently published (May 2, 2017)

Language: English

ISBN-10: 1521206384

ISBN-13: 978-1521206386

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.7 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #696,016 in Books (See Top 100 in Books) #111 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #607 in Books > Arts & Photography > Performing Arts > Dance #55723 in Books > Humor & Entertainment

[Download to continue reading...](#)

Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)

Expert Pole Dancing: For Fitness and Fun Beginner Pole Dancing: For Fitness and Fun

Intermediate Pole Dancing: For Fitness and Fun Advanced Pole Dancing: For Fitness and Fun

Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Janice VanCleave's Science

Around the World: Activities on Biomes from Pole to Pole North Pole, South Pole: The Epic Quest to Solve the Great Mystery of Earth's Magnetism Swing Dancing: Put on Your Dancing Shoes and Get With Hip-Swinging, Toe-Tapping Swing Dancing Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose

Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes)
Cross-Country Skiing: Building Skills for Fun and Fitness (Mountaineers Outdoor Expert) The
Robert Audi Method: Jazz Dancing: Teach yourself the combinations and routines while keeping in
shape and learning some disco dancing at the same time! Jazz Dancing and Jazz Gymnastics:
Including Disco Dancing
Dancing Longer, Dancing Stronger: A Dancer's Guide to Improving
Technique and Preventing Injury
Ballroom Dancing: Proven Tips, Tools and Tactics To Ballroom
Dancing
Ballroom Dancing: Master The Art of Ballroom Dancing
Salsa!: ...or "Everything Your
Mother Never Told You About Salsa Dancing!" (The little book of dancing... 1)
Hip-Hop Dancing
Volume 4: Dancing with a Crew
Salsa!...or "Everything Your Mother Never Told You About Salsa
Dancing!" (The Little Book of Dancing) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)