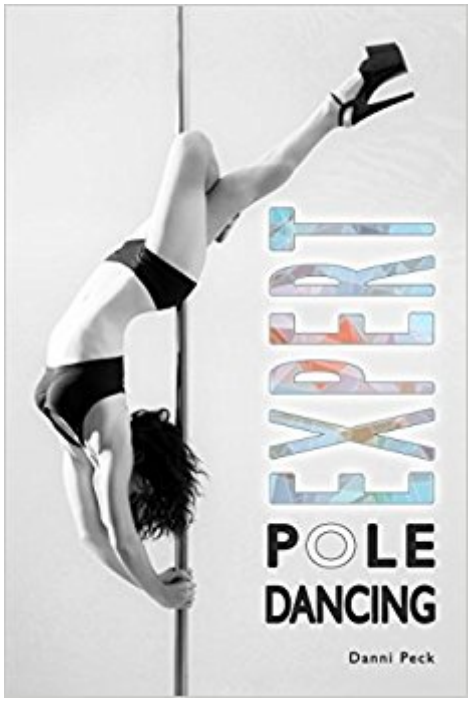
Ebook Directory
the best source of ebook

The book was found

Expert Pole Dancing: For Fitness And Fun



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

It is time to put everything youÃ¢â ¬â„¢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 moved 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 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #607 inÃ Â Books > Arts & Photography > Performing Arts > Dance #55723 inÃ Â 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 EarthÃ¢â ¬â„¢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 Audy 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