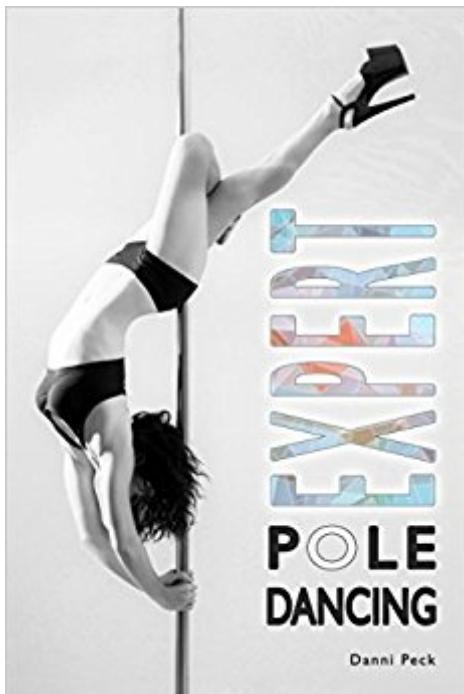


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# Expert Pole Dancing: For Fitness And Fun



## 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

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