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Intermediate Pole Dancing: For Fitness and Fun PDF



by Danni Peck: Intermediate Pole Dancing: For Fitness and Fun

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Description:

PDF-3961e | Are you ready to step up your pole dancing game? Some moves are simple, others are harder. This book will give you the challenge you desire by teaching you some amazing intermediate moves. Here is some of the new things you will master: How to do a shoulder mount How to invert More complex spins to try out Fun inverts you'll enjoy Extra floorwork and slides to add to your routines Going from beginner t... *Intermediate Pole Dancing: For Fitness and Fun*



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