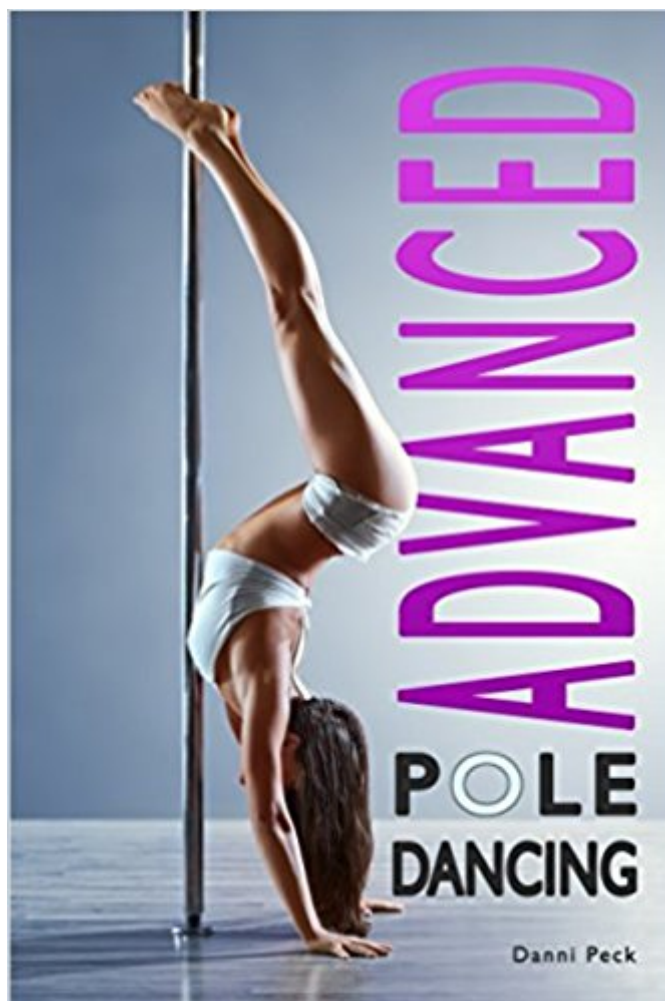


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# Advanced Pole Dancing: For Fitness And Fun



## Synopsis

You might already know the basics, and some of the intermediate moves, but now, it's time for the next step. Learning advanced pole tricks can be quite hard. This book will go over some of the best and most advanced pole moves out there, including the following: Advanced inverts to build on what you already know Advanced floorwork to spice up your routines Advanced double grips to try with a partner Advanced poses to really look stunning Tips to help you move from the intermediate to the advanced level With these pole dancing moves added to your repertoire, you'll be able to perform some fluid and impressive tricks.

## Book Information

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