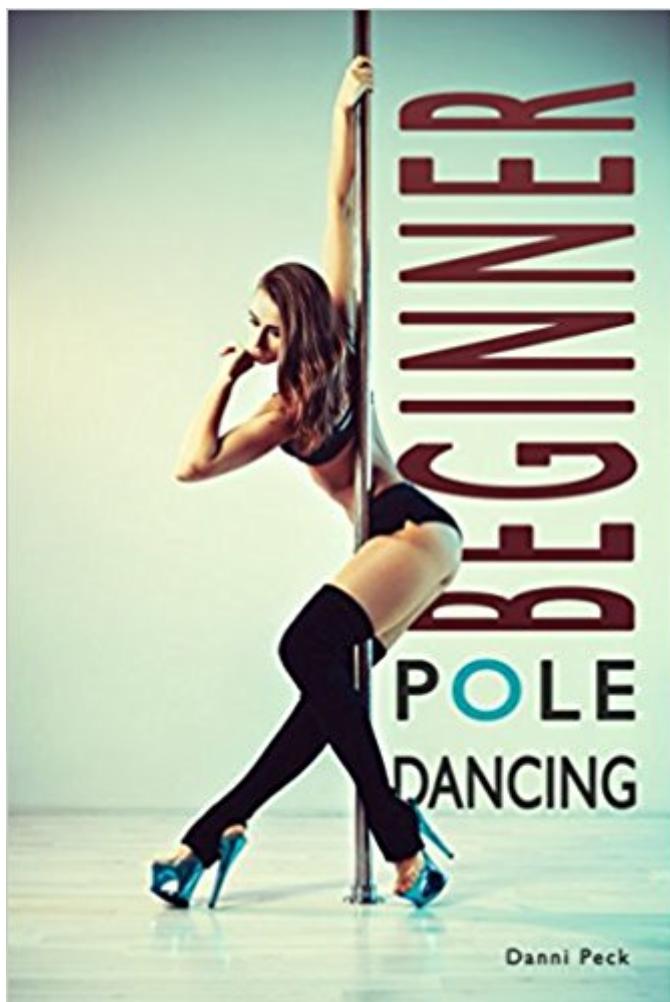


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# Beginner Pole Dancing: For Fitness And Fun



## **Synopsis**

Have you ever imagined yourself pole dancing? Have you ever caught yourself looking at a pole dancer and wishing it was you doing these amazing tricks? Fortunately, there is a way to, and this book will show you just how to get started. You will learn about some amazing and mind-blowing beginner activities to help you with your pole dancing journey, including the following: How to do the basic walk-around the pole easier How to climb the pole and overcoming your fear of it Basic spins to take your pole dancing to the next level Sexy slides to make you look like a superstar Pole dancing combines art and exercise. If you can imagine yourself as a à œfit artistâ • then this sport is for you!

## **Book Information**

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## **Customer Reviews**

I so wish I had access to this book when I was a beginner! It easy easy to follow for the most part. There were a couple places where the word "scary" was used and I feel maybe using the intimidate would be a bit less, well, intimidating lol. Also I did notice in one move you mentioned jumping into it, I do feel this is a risky technique to be teaching beginners and they should be lifting into every pole move. I learned some new little transitiona moves that I was able to neatly add to my dancing! All in all it was very well written and easy to follow.

Definitely a great beginner book - I loved that there were some floor work moves as well. I found the descriptions to sometimes be confusing, but it's entirely possible that's because of me. Trying to

explain movements is hard, and I give the author major props for it. I would use this book in conjunction with video tutorials.

This is a good basic book if you have some knowledge to begin with. The pictures are useful, it would have been helpful to have a paragraph on warm up\ cool down stretches and the alternative names for some of the spins.

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