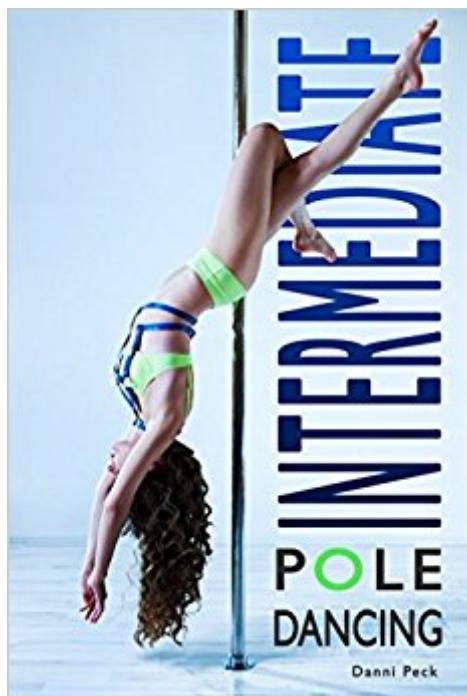


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# Intermediate Pole Dancing: For Fitness And Fun



## Synopsis

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 to intermediate is the hardest jump in pole dancing. This is where most people stop. But not you! Once you get these moves down, you'll soar through the air like never before.

## Book Information

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## Customer Reviews

This book offers some good information, if you already have some knowledge of intermediate pole. I don't agree with the order of the lessons though and there are some inconsistencies and writing errors. For example, I don't feel the lesson on shoulder mounts should be prior to learning handstands and climbs. The straddle carousel lesson should include a note that split grip can be hard on the wrists. Some wording (such as the use of "You should then" and "Now," is repetitive, and therefore makes it hard to follow. The drawings are extremely helpful and I do wish there were more of them. Also, without having read the beginner book, I don't know if there is a glossary or break down of terms, which would have been helpful as not all moves have the same names in each region. I do appreciate that the author mentions the need to work on ab strength in order to get some of the moves.\*This digital copy was received in exchange for a review. All opinions are my

own.\*

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