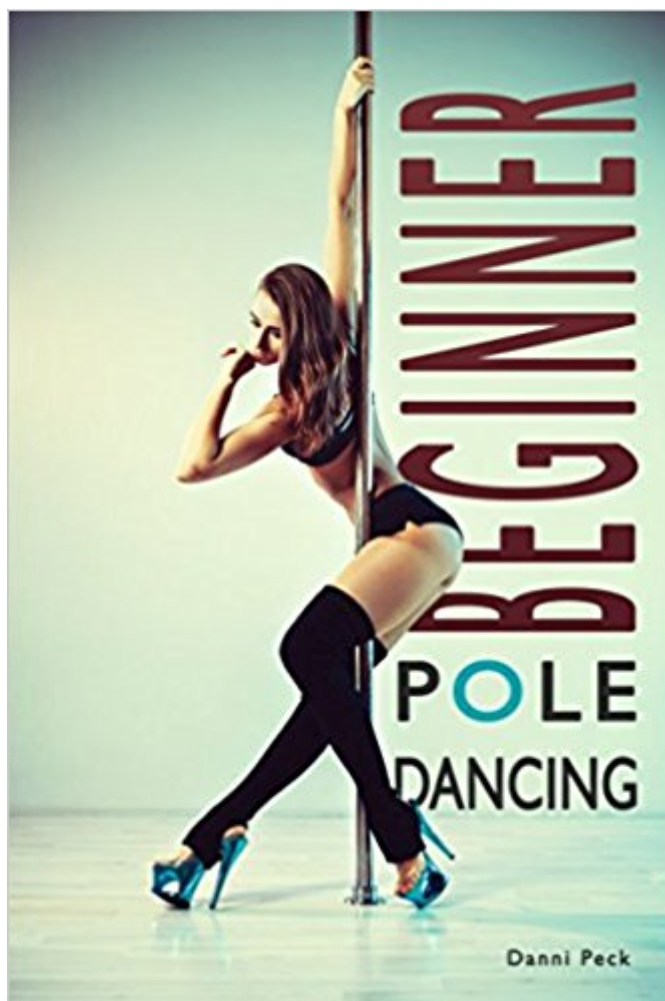


The book was found

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 "fit artist" then this sport is for you!

Book Information

Series: Pole Dancing (Book 1)

Paperback: 68 pages

Publisher: Independently published (April 30, 2017)

Language: English

ISBN-10: 1521190755

ISBN-13: 978-1521190753

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.4 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 3 customer reviews

Best Sellers Rank: #644,731 in Books (See Top 100 in Books) #96 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #555 in Books > Arts & Photography > Performing Arts > Dance #51601 in Books > Humor & Entertainment

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.

[Download to continue reading...](#)

Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)
Beginner Pole Dancing: For Fitness and Fun Intermediate Pole Dancing: For Fitness and Fun
Advanced Pole Dancing: For Fitness and Fun Expert Pole Dancing: For Fitness and Fun Kickboxing
Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Janice VanCleave's Science Around the World: Activities on Biomes from Pole to Pole North Pole, South Pole: The Epic Quest to Solve the Great Mystery of Earth
Magnetism Swing Dancing: Put on Your Dancing Shoes and Get With Hip-Swinging, Toe-Tapping Swing Dancing Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Ultimate Beginner Have Fun Playing Hand Drums for Bongo, Conga and Djembe Drums: A Fun, Musical, Hands-On Book and CD for Beginning Hand Drummers of All Ages, Book & CD (The Ultimate Beginner Series) The Robert Audy Method: Jazz Dancing: Teach yourself the combinations and routines while keeping in shape and learning some disco dancing at the same time! Jazz Dancing and Jazz Gymnastics: Including Disco Dancing Dancing Longer, Dancing Stronger: A Dancer's Guide to Improving Technique and Preventing Injury Ballroom Dancing: Proven Tips, Tools and Tactics To Ballroom Dancing Ballroom Dancing: Master The Art of Ballroom Dancing Salsa!: ...or "Everything Your Mother Never Told You About Salsa Dancing!" (The little book of dancing... 1)
Hip-Hop Dancing Volume 4: Dancing with a Crew Salsa!...or "Everything Your Mother Never Told You About Salsa Dancing!" (The Little Book of Dancing) (Volume 1)

Contact Us

DMCA

Privacy

FAQ & Help