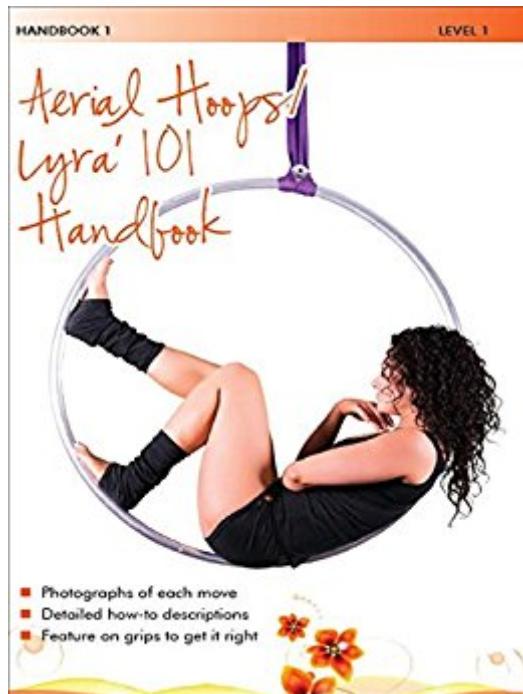


The book was found

Aerial Hoops / Lyra' 101 Handbook 1 - Level 1



Synopsis

Aerial Hoops and Lyra 101 Handbook 1 - Level 1 Contains photographs of each move, detailed how-to descriptions and a feature on grips to get it right. Other eBooks available in the series:- Pole 101 Handy eBook - Levels 1-3; Basic, Intermediate, Advanced- Pole 101 Handbook 4 - Expert Moves;- Pole 101 Handbook 5 - Extreme Moves;

Book Information

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Customer Reviews

Good beginner book with pictures, only downside is a few of the poses (about 1/4) don't have very good explanations of how to achieve the desired poses. Would have been disappoint with the purchase if it had been any more than the \$8 I paid. All in all not bad.

This was not very descriptive.

Some of the pictures where not showing

Meh. Didn't show anything unusual or exciting that you could get on YouTube. And I had a hard time retrieving it.

Always learn from a qualified instructor, but this book is an excellent supplement for review of what you've learned and names of moves and poses.

pretty usefull

Never came to me.

Honestly, this is like, Lyra for infants. Very, very few moves, and they were more like pre-requisites as opposed to a 101. I rarely give bad reviews but this was a waste of time and money. I returned the book, and I hope something more comprehensive eventually becomes available.

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