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Learn How To Back Flip In 31 Days



Learn How to
Back Flip in 31 Days
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Synopsis

Of all the acrobatic moves out there the back flip, or back tuck, is probably the coolest. Whenever I do them those who watch always exclaim how awesome it is. While you can learn the form of a back flip in many places, it's actually quite useless to you. Instead you need to learn the processes for gaining the skill in performing this movement. In this book I offer you not just one step-by-step system, but several. Contains: * Back Flip Form * Equipment Used for Back Flips * 9 Step System I Used to Master the Backflip * How to do it Without Spotters or Equipment * The Fast-Track Method * Advanced Back Flipping * Overcoming Fears Find more at www.LegendaryStrength.com

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Customer Reviews

The title lies but in a good way. It says learn a back tuck in 35 days my son learn a back tuck layout and gainer in 1 and he is 10. Perfect book besides the title.

DAY 25: almost there.. I just need to work on my left leg. nice instructional book. very effective.

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