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Learn How To Back Flip In 31 Days



Learn How to
Back Flip in 31 Days
Logan Christopher



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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