



Learn How to Back Flip in 31 Days

Logan Christopher

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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 learned the form of a back flip in many places, its 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

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