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No Pole? No Problem!

A short workout for beginner pole!

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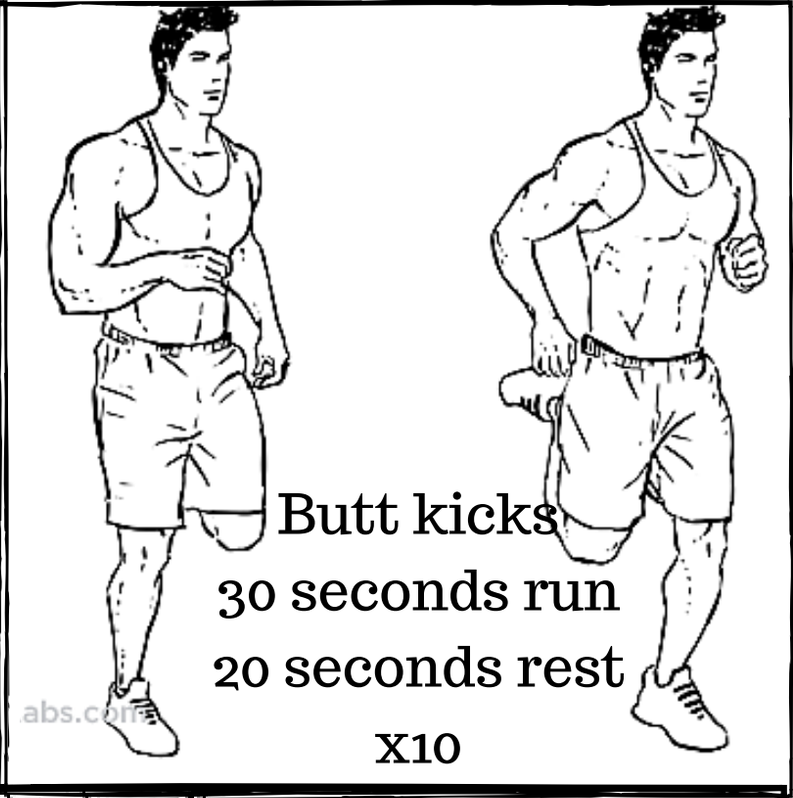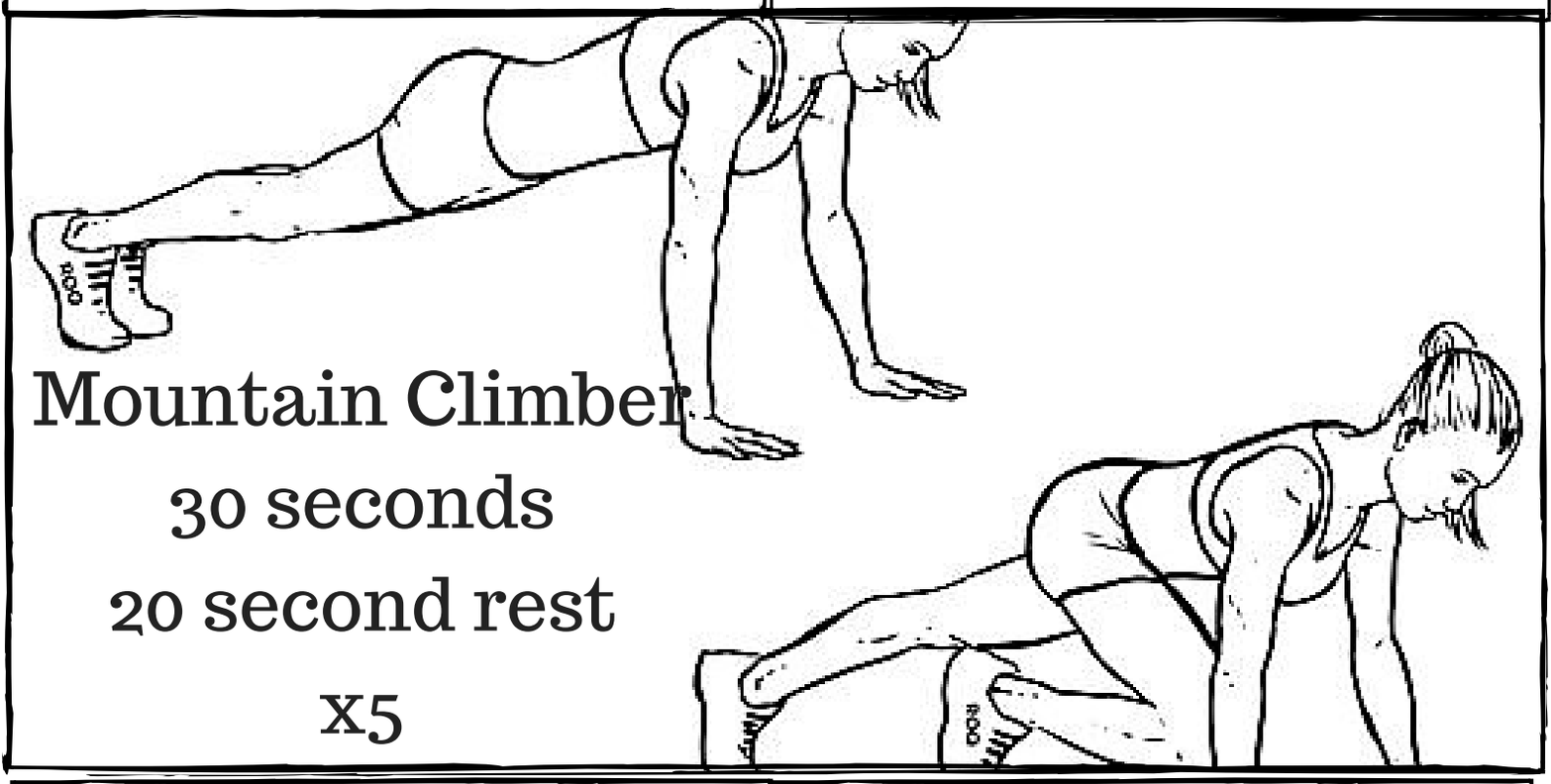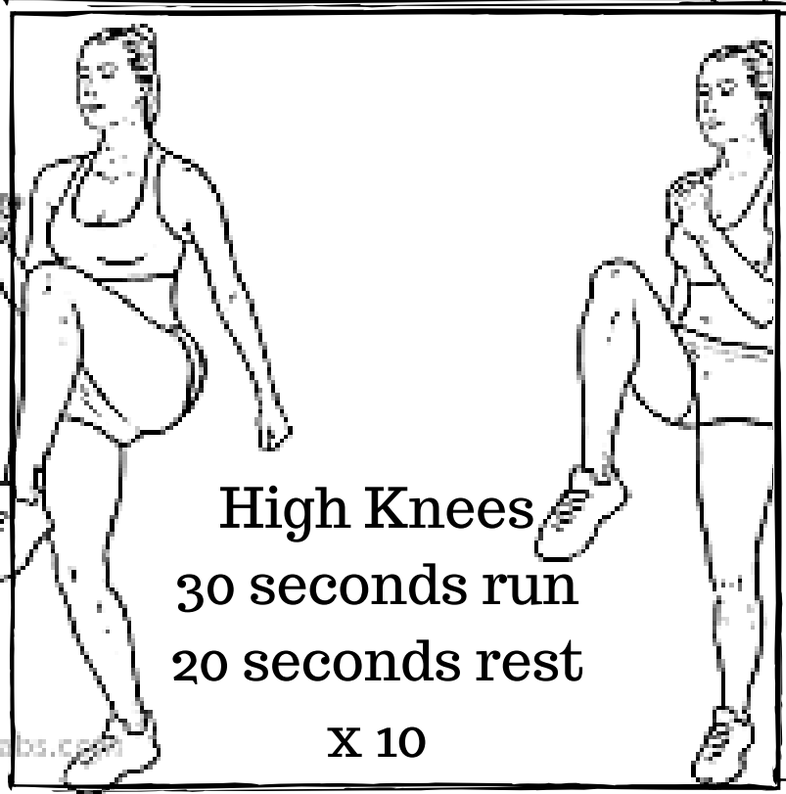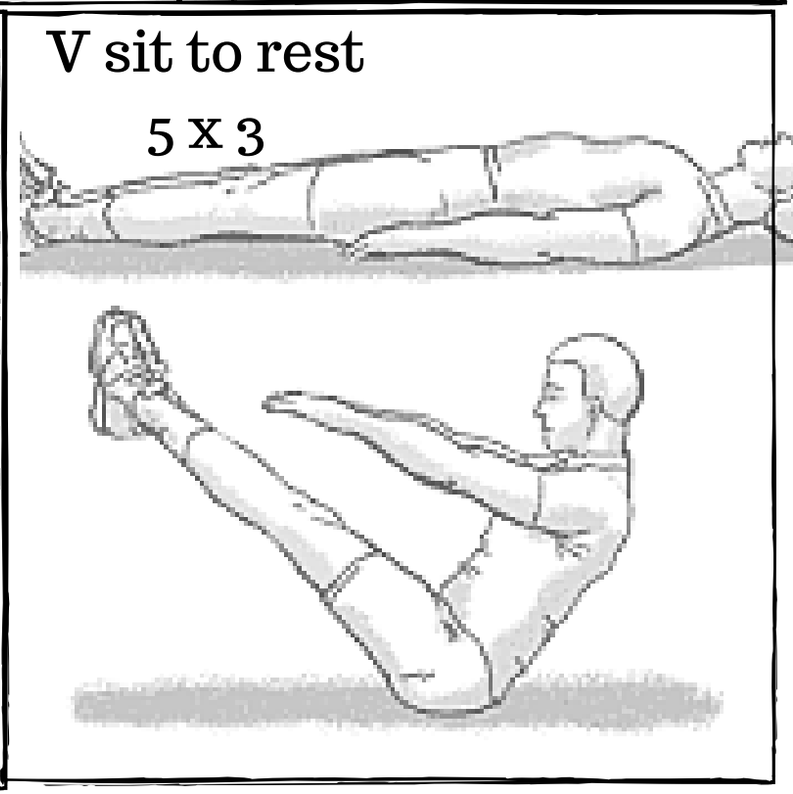
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