CHECKLIST

Your first month of pole dancing

- [ ] Find a beginners' class or instructor who works with all body types
- [ ] Add conditioning at home: dead hangs, planks and glute bridges
- [ ] Wear shorts and a top that expose your inner thighs and torso for grip
- [ ] Clean your pole before each session to maintain friction
- [ ] Track your own progress each week instead of comparing yourself to others
- [ ] Ask your instructor for modifications on moves that feel out of reach
- [ ] Be patient with inversions – they take months to build for most people