



CHECKLIST

Your pole space checklist

- ☐ Measure ceiling height where the pole will sit

- ☐ Check what furniture or walls sit inside that circle

- ☐ Stand at the pole position and extend your arms overhead while turning

- ☐ Lie on the floor and extend fully in each direction to find where walls stop you

- ☐ Decide whether your space suits spin mode or static mode better

- ☐ List which moves your ceiling height and radius will allow

- ☐ Plan your first session around moves that fit your measurements
