CHECKLIST

Pole strength conditioning starter checklist

- [ ] Schedule two conditioning sessions per week on non-pole days
- [ ] Include hollow-body holds for core stability in inversions
- [ ] Add pike push-ups for shoulder strength in mounts and presses
- [ ] Finish with single-leg step-ups to train balance and leg hooks
- [ ] Rest at least one full day between hard training sessions
- [ ] Stretch for five minutes while muscles are still warm
- [ ] Track which pole moves feel easier each week instead of counting reps