CHECKLIST

Choosing the right pole finish

- [ ] Identify whether you need high grip for learning or low grip for refining technique
- [ ] Test each finish on moves that use both hands and legs
- [ ] Check how much cleaning and polishing you're willing to do between sessions
- [ ] Match the finish to your pole diameter for the grip level you want
- [ ] Visit a studio with multiple pole types before buying
- [ ] Notice how the pole feels when cold and after it warms under your hands