CUMBRIA POLE ART
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CHECKLIST

Pole flexibility training checklist

- [ ] Warm up with five minutes of movement before stretching
- [ ] Pick one area to focus on per session
- [ ] Hold each stretch for twenty to thirty seconds and repeat twice
- [ ] Schedule three stretching sessions across the week
- [ ] Record your starting range with a photo or note
- [ ] Retest your range every two weeks
- [ ] Stop if a stretch causes sharp pain or a pinch in the joint