CHECKLIST

Pole mount from standing checklist

- [ ] Place dominant hand at shoulder height, second hand above it with elbows slightly bent
- [ ] Hook back foot around the pole at knee height, top of foot curving around
- [ ] Press front foot sole against the pole at the same height to create a pinch
- [ ] Test the grip by leaning gently into the pole before lifting
- [ ] Lean shoulders back while keeping hips close to the pole
- [ ] Pull with upper hand and push down with lower hand to lift your body
- [ ] Keep core tight to maintain stability in the hooked position
- [ ] Clean the pole and dry your skin if your feet start slipping