CHECKLIST

Pre-session injury prevention checklist

- [ ] Warm up for at least five minutes until your heart rate rises
- [ ] Circle all major joints through their full range
- [ ] Activate shoulders, core and legs with bodyweight exercises
- [ ] Check pole installation is secure and the area is clear
- [ ] Place a crash mat under the pole for inverted moves
- [ ] Start with moves you can already do safely before attempting new ones
- [ ] Stop immediately if you feel sharp or lingering pain
- [ ] Plan at least one rest day before your next pole session