



CHECKLIST

Home pole setup checklist

- ☐ Measure ceiling height and confirm the surface is solid
- ☐ Clear at least a metre and a half around the pole in every direction
- ☐ Install the pole and check it is vertical with a spirit level
- ☐ Test the pole under full body weight before climbing
- ☐ Place a yoga mat or crash mat on the floor beneath the pole
- ☐ Wash your hands and wipe down the pole before each session
- ☐ Warm up for five minutes with light cardio and joint mobility
- ☐ Wear shorts and a sports bra to expose skin for grip
- ☐ Start with the pole walk, pole sit, and fireman spin
- ☐ Stretch shoulders, hips, and thighs after every session