



CHECKLIST

Reducing pole bruising: positioning checklist

- ☐ Warm up for five minutes before touching the pole

- ☐ Sit higher on your hamstring in pole sits, not in the hip crease

- ☐ Use the inside edge of your shin in climbs, arch pressed in

- ☐ Engage muscles before you load them against the pole

- ☐ Push the pole away in inversions to avoid armpit bruising

- ☐ Rotate your leg to find thicker tissue if a spot bruises repeatedly

- ☐ Film yourself or ask for a form check if bruising persists in one area

- ☐ Give bruised areas a few days to heal while working other body parts
