



CHECKLIST

Fireman spin checklist

- ☐ Warm up shoulders, wrists and ankles

- ☐ Wipe the pole and dry your palms

- ☐ Set a crash mat beneath the pole

- ☐ Place outside hand at head height, inside hand at chest height

- ☐ Step forward and hook your inside leg firmly

- ☐ Lean back with open chest and engaged core

- ☐ Let the spin slow before dismounting

- ☐ Practise on your non-dominant side
