



CHECKLIST

Switching from static to spinning: a first-session checklist

- ☐ Set the pole to static and warm up with three climbs and a pole sit

- ☐ Practise one flowing move on static until the entry and exit feel clean

- ☐ Switch the pole to spinning mode and lay a crash mat underneath

- ☐ Repeat the same move on spin, starting with a gentle push-off

- ☐ Notice where the rotation starts and where it builds

- ☐ Adjust your hand position or push-off to control the speed

- ☐ Return to static if the spin feels too fast or your grip starts to slip

- ☐ End the session on static with a hold or inversion to rebuild control
