



CHECKLIST

Choosing your pole diameter

- ☐ Measure both hands flat, thumb tip to little finger tip

- ☐ Note whether your usual practice focuses on spins or static holds

- ☐ Visit a studio and try a basic spin on both sizes

- ☐ Attempt a pole sit or simple hold on each diameter

- ☐ Choose the size that felt secure during the hold

- ☐ Check your ceiling height before ordering a pole for home

- ☐ Book the same diameter every session for the first month
