

5 Exercises To Make You Stronger For Pole.



Have you plateaued in your pole journey or even if you are just starting out this is a good guide for you! I'm asked all the time 'What exercises can I do to build my strength and get better for pole?'.
[Click here](#)

The exercises in this guide are suitable for all abilities of pole dancers / fitness students and are recommended to be completed minimum of twice a week, ideally three times a week after your warm up and before you start your main workout.

I am a big lover of seeing progression, it is such a great way to motivate you to keep going with your conditioning programme , it may not be the most exciting part but it is the most beneficial and seeing the positive changes to your body will certainly be worth monitoring.

So let's get started :)

1

Pike Leg Lifts

One of my all time favourite floor based exercises.

Awesome to perfect and strengthen your quads and ab muscles to enable you to lift your legs higher and easier in moves such as Choppers and Boomerangs

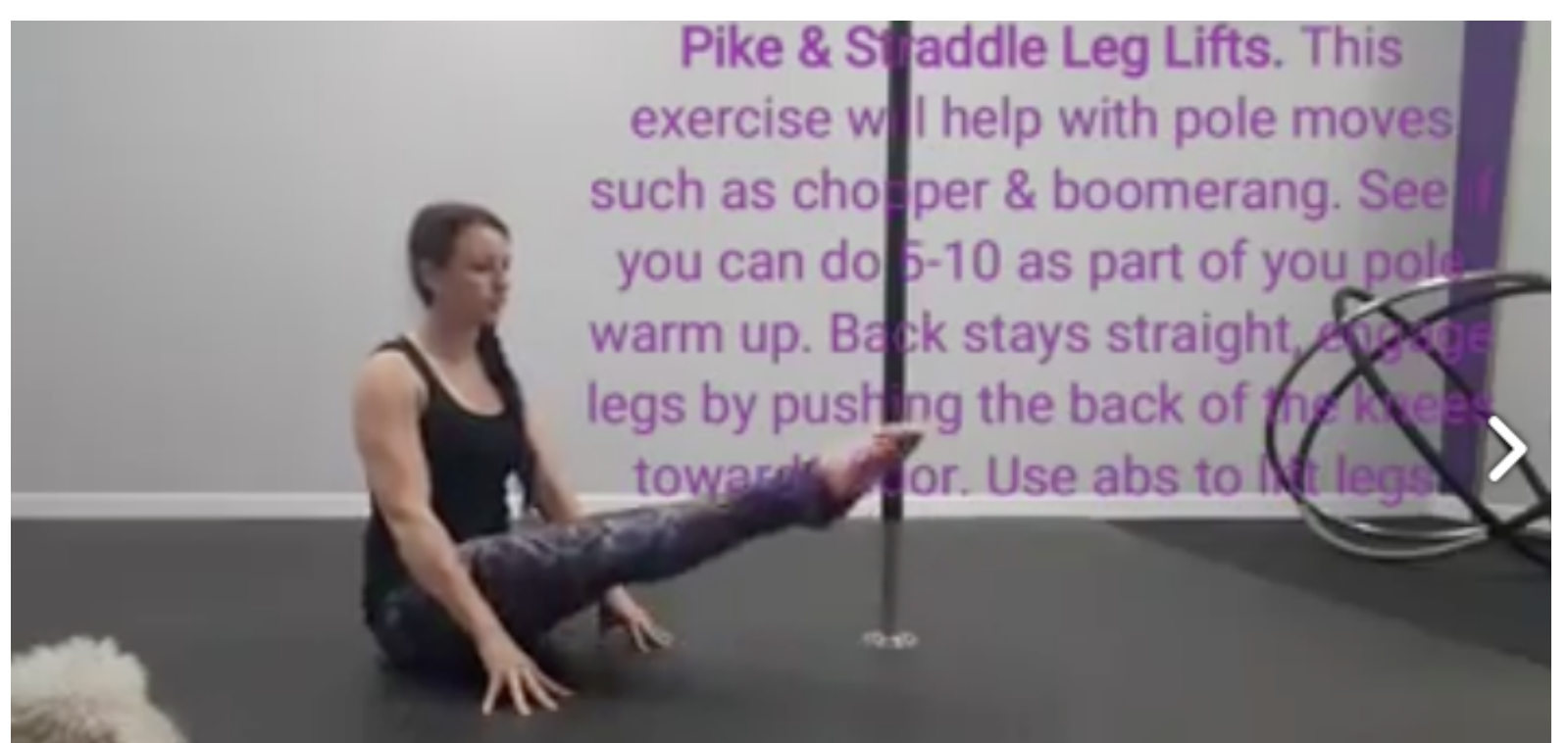


Start with legs straight out in front, engage quads by pushing the back on the knees down towards floor, you may find your heels lift off the floor. This is good but don't worry if you are not quite there yet.

Engage core muscles and place hands down either side of your thighs, avoid leaning back, keep your spine nice and long. Try and lift your legs together as high as you can, pushing down in the floor with your hands, slowly lowering back down, avoid heels banging on floor.

Complete 3 sets of 6 lifts and increase the amount of lifts every week by 2.

If you struggle to lift both together, you can start off with lifting one leg up at a time until you have built enough strength to do both together.

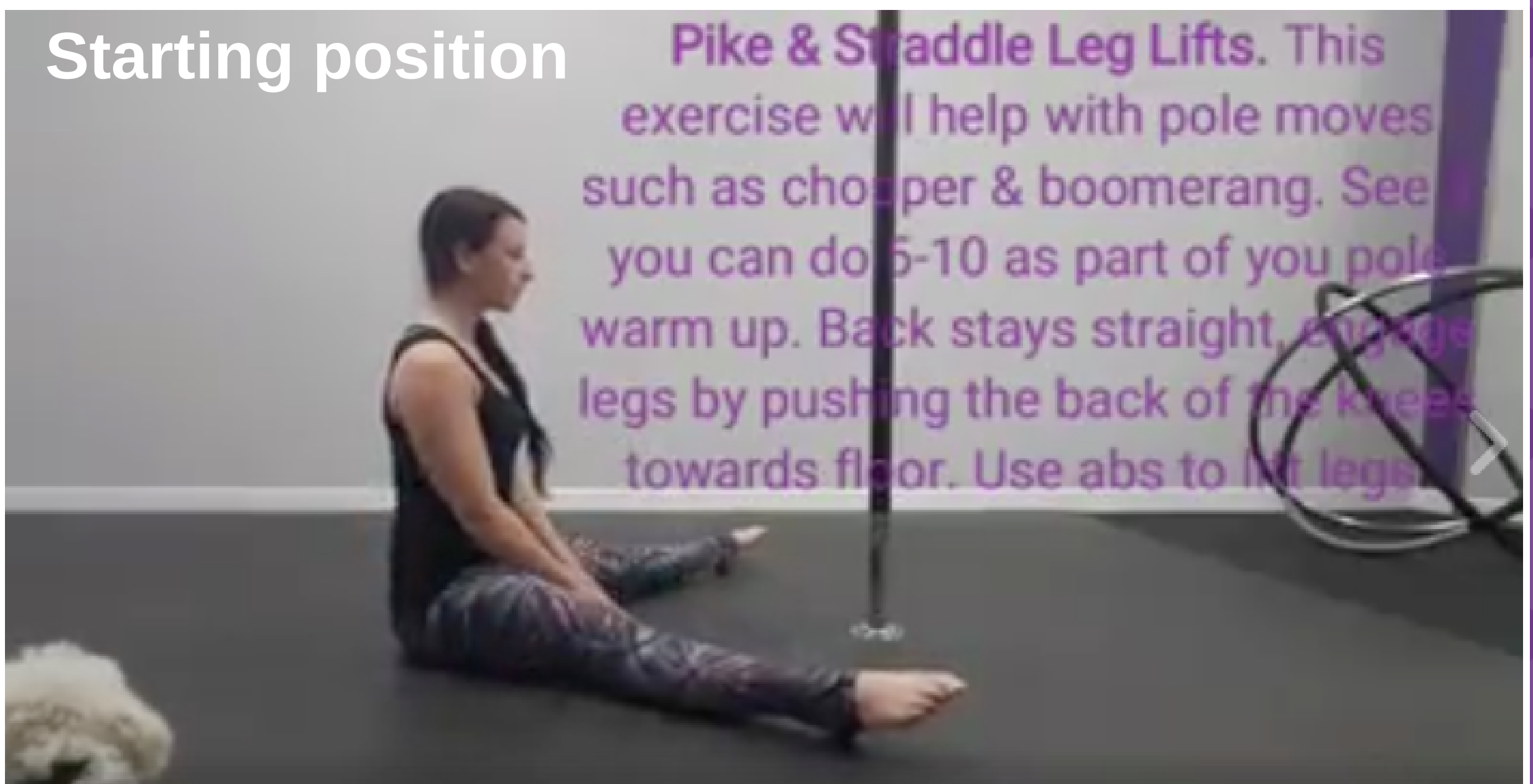


1a

Straddle Leg Lifts

Straddle lifts are performed just like pike lifts and will target those hip flexors too, great for inverts and deadlifts on the pole.

Starting position



End position



2

Ballerina Crunches

This move is awesome, not only is it a beginners move, it is sooo amazing for building up that oblique strength.

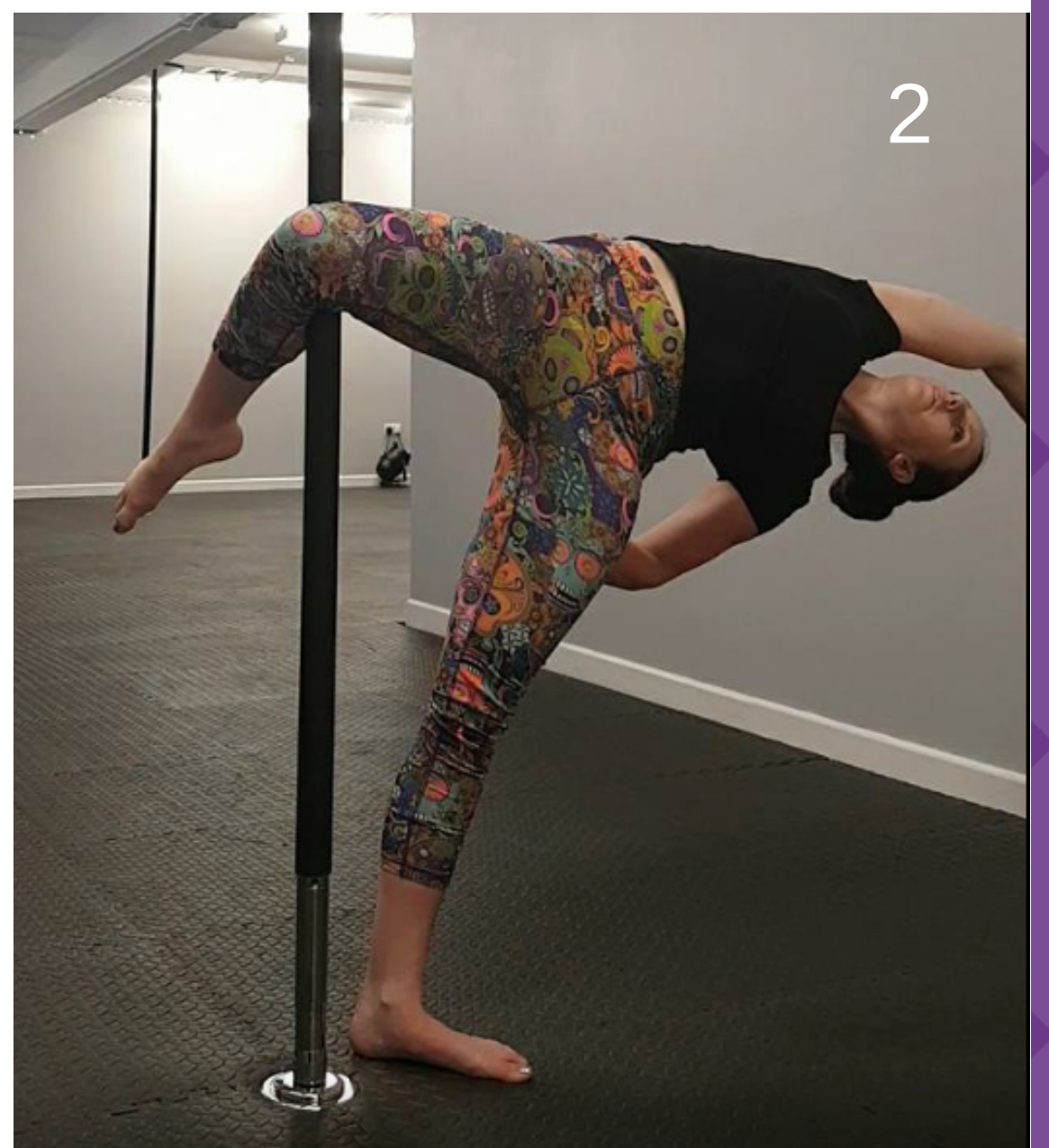
Training this area is essential for pole, especially moves like Cupid, Ayesha and Iron x

Hook inside leg high, ideally hip height, use your hamstrings to really squeeze your heel towards your butt and keep the pole locked behind the knee pit. Thrust hips forwards and crunch up to release top hand, as in picture 1.

Make sure bottom foot isn't too far away from the pole, you can actually place foot directly next to pole so it can't go anywhere if you are strong enough, or progress to this point as you become stronger.

Crunch down the side (Pic 2) avoiding tipping forwards, ensure chest is facing up towards ceiling. Using your obliques, crunch back up and repeat. (Avoid grabbing pole with hand until you have completed your set.

Start with 10 crunches each side and complete 2 sets.
Try and increase your crunches up by 2 every week belongs you are completing 2-3 sessions a week :)



3

Floor invert pull ups

Start in a floor invert by laying on the floor with pole in armpit, lift both legs up in a straddle and place around the pole either side. Walk feet up the pole so hips and back come off the floor as much as possible and your hips touch the pole. aiming to be resting on shoulders.

Squeeze legs around pole, your hands should be in between you legs, use your abs to pull up working towards kissing your knees, slowly release down and repeat.

5 pull ups each side- x2 sets

Add an extra 2 pull ups each side every week.



Pole Tucks

Practicing your Pole Tucks alongside you floor invert is such a brilliant way of building the strength to invert with ease.

Tucks are the foundation move before attempting any inverts, generally if you can't hold a tuck for 10secs you probably are not strong enough to safely practice inverts yet so mastering this one is key :)

Start side onto the pole with inner arm around and holding at face height, the other hand sits just above the inner, maneuver your butt around in front of the pole.

Roll shoulders back and down, lift chest up, engaging core muscles, slowly bend both legs to increase grip in arms and lift knees towards face, hold for 2-3 secs slowly lowering down and repeating move.



Complete 5 tucks each side and repeat for 3 sets.

Up 2 tucks each side every week.

Challenge

Time how long you can hold a tuck for. Write it down and complete each week to see your strength build.

5

Reverse Pole Handstand

This exercise is perfect to increase strength in your shoulders and build your confidence being upside down

Start with you back to the pole and crouch down placing hands on floor, direct butt up towards ceiling and wiggle yourself close to pole so your butt touches. Bend and lift one leg placing the top part of you foot on the front of the pole, wiggle it up as much as you can almost doing your best split ;)

Use the back of your foot to push against pole so your hips come away and you can lift your other leg up to squeeze calf on front of pole.

Look up at the inside of your knees squeezing around the pole, walk your hands back, slowly move your legs up until your whole body is close to the pole.

To dismount, move your hands to one side, straighten both legs together and handstand down. Alternatively walk you hands back out and lower one leg down at a time.

Repeat 3 times.





Bonus Move- Log Pose

This little beaut of a move is harder than it looks. . You pretty much work your whole body :)

Start sat next to your pole, place inner arm around at face height and the other hand just above. Straighten out your legs, push your feet down into floor as you thrust hips up, squeeze your glutes and engage your core muscles. (Pic 1)

Hold for 10 seconds release slowly down and repeat on the other side. Complete 3 sets.

For an extra challenge, slowly remove your outer arm and extend over your head maintaining control (Pic 2)



So there you have it, my 5 conditioning exercises for you to add to your training session..

Remember rest is just as important as your workouts and eating right is even more important when it comes to building strength and progressing in your pole journey.

I have attached a link for you to have a look at <http://www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx>



Warm up (5-15 mins)

Conditioning

Ballerina Crunches 10 each side

Pike Leg Lifts 6 together

Floor Invert- Pulls ups. 5 each side

Tucks 5 each side

Reverse Pole Handstand 2 - (Hold for as long as you can)

Bonus- Log pose 10 sec hold each side.

Repeat above 2-3 times.

Main Pole Workout

Cool Down / Developmental stretches.

Lots more conditioning exercises for members at
[Www.onlinepolepowerlessons.com](http://www.onlinepolepowerlessons.com)