

The 8-Move Pole Conditioning Routine

The off-the-pole strength work that makes every move on the pole feel lighter. No pole required — just a floor and an optional pull-up bar.

How to use it: Run all eight as one circuit, 2–3× a week on non-pole days. Rest a day between sessions. Stop a rep or two before failure, and only add reps once the current number feels controlled.

1 Hollow Body Hold

CORE

3 × 20–30 sec hold

Lower back pressed flat, shoulders & legs a few inches up, arms overhead. **Pole:** stops legs swinging in inverts.

2 Plank Shoulder Taps

SHOULDER

3 × 16 (8 per side)

High plank, tap hand to opposite shoulder without rocking hips. **Pole:** steadies shoulder mounts.

3 Push-Ups

PRESS

3 × 6–12 reps

Body in one line, elbows ~45°, chest near floor, press up. **Pole:** feeds handsprings & presses.

4 Dead Hang

GRIP

3 × 15–40 sec hold

Full overhand grip, shoulders engaged, just hold. **Pole:** grip endurance for every climb.

5 Scapular Pull-Ups

BACK

3 × 8–10 reps

From a dead hang, draw shoulder blades down & together — no elbow bend. **Pole:** engage before you pull.

6 Negative Pull-Ups

PULL

3 × 3–5 slow reps

Chin over bar, lower for 3–5 sec. **Pole:** builds the pull for climbs & inverts fast.

7 Leg Raises

INVERT

3 × 10–12 reps

Straight legs lift & lower slowly, no lower-back arch. **Pole:** the exact invert pull pattern.

8 Single-Leg Glute Bridge

POSTERIOR

3 × 10 per side

One foot planted, drive heel, hips to a straight line. **Pole:** stabilises leg hangs & climbs.

6-Week Progress Tracker

Tick a box for each session you complete. Aim for 2–3 ticks a week — consistency is the whole game.

WEEK	SESSION 1	SESSION 2	SESSION 3	NOTES
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	