



## 10 Things You Should Know About Pole Dance – Before You Start!

### 1. *You're Learning the Basics, No Need to Be Strong or Fit!*

Start where you are, not where you want to be. You do not have to be a superhero with arms and abs of steel to take a pole class, but attending the class is the first step. So what will you learn? Our Beginner Block course consists of learning beginner tricks (some moves even allow you to still have your toes touch the floor), a little flirtatious floor play, and conditioning to help kick start your strength and grip. Beginner pole dance class is exactly what it is called, beginner.

### 2. *You have a lot to learn young Padawan*

You may have seen some AH-MAZ-ING, super cool moves on social media and we will definitely get there and achieve these, but in time - your goal is to first learn about your body and the way it moves, build that strength and flexibility. Greatness takes time, listen and respect what your body is trying to tell you, and don't let your fellow students scare you away either. Those students stood right where you are now; never touched a pole and no experience. You have to start somewhere so why not start at the beginning.



### 3. *You need your skin exposed to grip the pole.*

What you do need uncovered skin in order to grip the pole, we will NEVER expect you to wear anything you are not comfortable in. As you become more comfortable and confident you will find your pole wardrobe changing. The harder the move the more skin you need for grip. However, in the beginning, a t-shirt and leggings are fine. Most pole dancers actually shift their focus away from what their bodies look like and onto what they can accomplish—a freeing notion, really, that can help build confidence.



#### 4. Pole Dancing Causes Bruises

Sadly this is true. Pole dancing causes bruises, friction burns and muscle soreness. But, do you know what? They're not bruises, they're pole kisses! Besides, there are plenty of things you can do to treat these minor injuries – take a look at this [entire guide](#) on what to do with common pole dancing injuries!

#### 5. Pain For Beginners

After your first initial introductory pole dance classes, you are going to find that you have been through 1 high-intensity workout just by doing simple moves like trying to climb up the pole and a simple pole sit.

You will have: Sore arms, legs and stomach muscles and more, Pole burn – when you are climbing on the pole and the skin is making contact with the pole are causing friction which leaves a reddish mark. This kind of pain is expected in this sport and there is no easy way out of it, as the common saying goes, “no pain no gain” but rest assured, as you practice more and your pole teacher guides you, you will see progress fast and the pain will no longer a problem after your 4th – 5th class. However, PLEASE tell your instructor if you are concerned about anything, your safety is paramount.

#### 6. Its YOUR journey This is your time. Own it.

There are many reasons why you might have chosen to take a pole dance class. Maybe you were like me and needed to get out of a rut. Maybe you want to lose some excess fat. Maybe you want a really fun strength workout. Maybe you want to dance in a new and interesting way that you've never tried before. Whatever the reason, enjoy your time at the studio. Take this time to connect with your body and engage with it. Find what movement feels good, enjoy it and work with it. Making the decision to come to a pole dance class is a radical act of self-love and self-care, so take this time to treat your body well, listen to it and respond to its needs. More importantly, have fun with it! Life's too short for boring classes.



## 8. Don't be afraid to ask for help!

Your instructor is there to guide you through the moves, so if something isn't working for you, ask! They'll have been doing pole for years and will be able to guide you towards nailing whatever it is you're working on. Sometimes all it takes is a simple adjustment of where your leg or arm is or engaging a different group of muscles. Your grip strength, the style of grip you're using, the side you're practising on and even the temperature and humidity of the studio can make all the difference. Trust me, some moves are just easier on one side than the other. It's weird, but you'll get to know which is your 'good' side, and which is your 'bad' side when you get more practice in. Just make sure you train both of them!

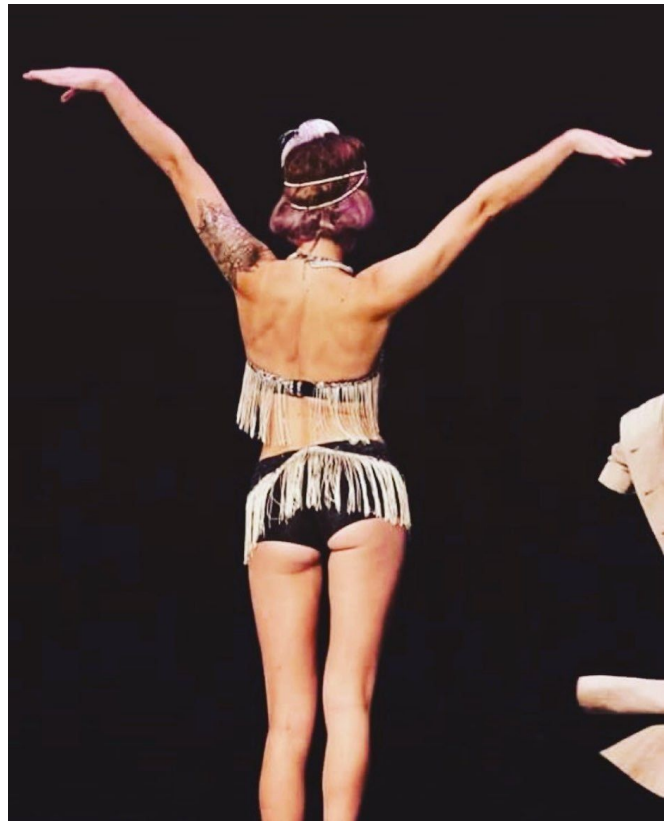
If you have a plus-sized body, then some moves will be trickier for you — that's perfectly normal! Sometimes it can take a lot longer to nail certain moves compared to the smaller people in my class. A good instructor will listen to you and help modify things to make them easier for you and will be patient with you as you spend your time practising things other people might have moved on from. Trust me, you'll build your strength up quickly, and you will nail that tricky spin, lift or hold. It comes in time as you learn where your limitations lie — and as you learn to smash through them!

## 9. DOMS, glorious DOMS!

DOMS stands for Delayed Onset Muscle Soreness, which as you can imagine, means your muscles are going to ache for a while following your workout. What's actually happening in your body is that it's repairing the microtears in the muscle fibres caused by your workout — don't worry, this is a good thing, and this is why you need plenty of protein as it helps to build your muscles back up.

After a few classes, you might adjust to the level of strain on your body and you might find you get DOMS a lot less than you did when you started. It's different for everybody. It doesn't mean your muscles aren't growing and you're not getting stronger, but rather that your body's adjusting and can handle the strain.

Get plenty of lean protein, do some gentle stretches to get the blood pumping into your sore muscles — I know you won't feel like doing anything, but this will actually help the DOMS fade quicker — and you could even treat yourself to a cheeky sports massage to soothe the aches away. Of course, more time relaxing in a bubble or Epsom salt bath helps!



## **10. Coming to your first class by yourself is okay**

You don't need to force a friend to come with you, everyone in the class will be super friendly and supportive. We have all been in the same boat as you're in right now! You will find your classmates will be so welcoming and supportive. Pole fitness is a great way to meet friends for bonds and surround yourself with like-minded people. North shore Pole Fitness is one big family and we want you to feel a part of it every step of the way

