

## 5 ways to prepare for your first class

### 1. What to Wear to a Pole Dance Class

For my first class, I wore leggings and a t-shirt. If you don't have any leggings, shorts or capris will also do.

If you have long hair, you'll want to tie it up. Trust me, having hair in your face while you're trying to remember what to do with your limbs gets frustrating very quickly.

If you've got boobs, a good medium to high impact sports bra is a must, particularly if you've got a larger chest. You'll be doing some cardio exercises in the warmup, and it'll help you feel a bit more secure during the class.

If you bind, don't wear your binder during a pole dance class, because it can restrict your breathing and potentially be very dangerous. A compression sports bra may help to flatten your chest, but depending on your cup size, it may not get your chest completely flat. If you're not sure how to bind safely while exercising, please talk to your doctor or care provider.

If you have external tackle to worry about, a dance belt is a good investment. At the beginner level, you should be okay with your normal underwear and shorts, but for more dynamic lessons it can help to keep everything in place. I've known some pole dancers to double up with their underwear for extra safety.

Don't wear any jewellery to pole class – including smartwatches and fitness trackers. If you have any piercings that aren't covered by clothing, check with your studio. Depending on the location of your piercings, you may be asked to remove them or cover them, if possible. If you do have piercings, wear studs and other non-hanging accessories. Jewellery and piercings can not only damage the pole (which in turn damages your accessories), but they can present a real hazard during class both to yourself and other students.



### 2. Skin burn, bruises and chaffing can and most likely will happen

It pays to have some soothing cream or similar ready for when you get home to apply to the chaffing after a shower. Arnica and ice can help with bruising as well as a heat pack for sore muscles. Ultimately you want to listen to your body, rest is key!

### **3. You DO NOT have to have any background in fitness to start pole - there are no pre-requisites**



**“Not having upper body strength” is not an excuse to avoid it.**

I understand that you may be nervous to try pole dancing. Maybe you aren't at your ideal weight, or you think you have no rhythm, or you think you're too old. But I encourage you to stop creating roadblocks for yourself! You'll build skills as you grow and learn—that is part of what's so inspiring and empowering about pole.

Whether you're uncoordinated and can't lift your own body weight or you're an athlete with gymnastic capabilities, there is always a new trick or transition to learning pole dancing. The process of growth never ends, and the possibilities can be as creative as your imagination allows them to be.

If you really want to prep you can work on squats, press-ups and planks 3 sets of 10 or holding for 30 seconds.

### **4. Pole dancing can be emotionally healing.**

This is one of the biggest reasons I've stuck with pole dancing as long as I have. The physical benefits are great, but the feeling you get from mastering a move or expressing a particular emotion is indescribable. For example, when I assisted a student in her first climb, the expression of joy on her face reminded me why I do what I do.

You can dance out any emotion in class, whether joyful, angry, or sad. The combination of athletic skill and artistic influence makes it unique to any other form of dance or sport. To me, it is both dance and sport woven together into one beautiful, athletic art form.

### **5. The Effect Of Group Pole Classes**

If you are in a group pole dance class then you are going to find that you will be pushing yourself harder and you will probably surprise yourself as most people do. That said, typical pole dance is generally a fun and exciting place to be in where the camaraderie will push you to a whole new level.

If you've joined a gym in the past and you worked out alone, then you may know how hard it can be to stay motivated and get to that next level of building your fitness level and losing weight, this can be why most people fail on their fitness journey.

With pole class, you have that support of the teacher and the students, and if you make that commitment to go every week then you will see results faster than you've seen working out by yourself.