

## **Pole Fitness: Strength and Toning DVD Workout Notes**

Welcome to Strength & Toning on your dance pole! In my DVD, I promised to supply you with several different options for structuring a strength workout on your pole. And here they are!

Each workout is designed to cater to a different fitness level, or to a different goal (such as muscular endurance, strengthening, total body fitness, core focus, etc.)

I suggest you start with the beginner workouts if you're new to strength training in general, or to strength training on the pole in particular. Once you feel comfortable with the exercises, in that you're doing them correctly and with proper form for safety, you can choose any of the more challenging workouts that appeal to you.

If you purchased the DVD that goes with these notes, you should already be familiar with the exercises we're going to use. Remember that anytime you need a refresher, or you're unsure about how a particular exercise is done, just refer back to that section of the DVD for guidance. You can easily skip to any of the exercises, as each one is contained in its own chapter.

If you don't own the DVD, you can still use these workout notes if you're familiar with the exercises. However, it's important that you understand potential safety issues, and that you use proper form and technique. Please don't attempt to learn the exercises from this information, as it's not intended to be instructional in nature.

The DVD provides detailed instructions in technique, form and safety. This booklet helps you put the exercises together to help you meet your goals. They're really a set, and should be used together.

If you don't yet own the Strength and Toning DVD, you can purchase it on my website along with the other two DVDs in my Pole Fitness series.

Remember, you know your own body best. If there are any exercises or variations that you know or suspect may not work for you because you have an injury or other issue, please use your judgement and feel free to leave that one out.

Sometimes it's good to push; after all, you need to work harder than you have been in order to see progress. However, we also need to be aware of what's appropriate for our bodies given our current circumstances. So please listen to your body and respect its limits on any given day.

All of the following workouts assume you're properly warmed up and ready to go. Please take the time to warm up properly to help avoid injury!

## **Beginner Workout #1 - First Timer Special**

If you're fairly new to strength training & don't have much experience with weights or other strength and toning tools, I encourage you to start with this workout.

We won't be going heavy or doing a lot of reps. Instead, the goal of this workout is just to familiarize yourself with the different exercises in the DVD. Getting a feel for the movements and motor patterns is more important than working hard with this session. We're laying the foundation for the more challenging workouts to come.

For this workout, we'll go through each of the exercises presented on the DVD, in the order given. This will make it easier for you to follow along and check your form as we go. If possible, it's a good idea to play the DVD as you work through these notes, so you can make sure you're doing the exercises correctly.

To help you become familiar with the exercises more quickly, we'll do both sets of the same exercise before moving on to the next one. So you'll do 2 sets of Pole Pulls, then move on to 2 sets of Sitting Pole Ups, etc.

**Goal:** to get familiar with each of the exercises, and to ensure good form and technique

**Focus:** move slowly and with control; try to feel the muscles we're targeting; get familiar with your body, your pole, and how they work together

### **The Workout:**

Do two sets of each exercise, resting between sets when there is no change of sides required. When you do change sides, you'll rest the first side while you work the second side. If you can't do the minimum number of suggested reps, just do what you can. Remember, the goal is to learn to do each exercise correctly. If you have any injuries or other issues to be aware of, leave out any of the exercises that cause problems for you.

#### Pole Pulls

2 sets of 6 reps on each arm

Alternate arms (6 with the right, 6 with the left, 6 with the right, 6 with the left)

No rest between reps, as you'll be resting one arm while you work the other

#### Sitting Pole Ups

2 sets of 3-5 reps

Change hand position around each time you lift

Rest 15-20 seconds between sets

#### Side Sitting Pole Ups

2 sets of 3-5 reps on each side of the pole

Rest 15-20 seconds between sets

### Triceps Pole Press

2 sets of 6 reps

Change hand position for each set (right hand on top first, then left hand on top)

Rest 15-20 seconds between sets

### Back Hook Side Bends

2 sets of 3-5 reps on each side

Alternate sides (6 with the right leg hooked, 6 with the left leg hooked, repeat)

No rest between sets, as you'll be resting one side while you work the other

Place hands on hips, or if too difficult, use one hand on pole to help lift back up

### Leg Lifts 1

2 sets of 4-6 reps

Rest 15-20 seconds between sets

Keep knees bent as much as needed to maintain flat back

### Leg Lifts 2

2 sets of 4-6 reps

Rest 15-20 seconds between sets

Focus on lifting tailbone just 1 inch off floor if you find this exercise difficult

Use pole to help get the lift

### Rolling Sit Ups

2 sets of 6 reps

Rest 15-20 seconds between sets

Sit close to pole and maintain hold on it if needed

FOCUS: tummy in, lift chest and lengthen first before sitting up (use pole to help lengthen and lift if needed)

### Standing Body Waves

2 sets of 6

Rest 15-20 seconds between sets

Just try to get the flow of the movement - it's more challenging than it looks at first!

### Pole Lunges

2 sets of 3-5 on each side

No rest between sets, as you'll be resting one side while you work the other

Really pay attention to form on this one

Keep body upright (don't lean forward!) and bend the front knee only until you start to feel the butt muscles engage, then come back up

### Hamstring Lifts

2 sets of 4-6 reps

No rest between sets, as you'll be resting one side while you work the other

Really focus on engaging and lifting with the hamstring muscles

Pole Pliés

2 sets of 6 reps

Rest 15-20 seconds between sets

Move slowly, keep hips tucked under, really squeeze those butt muscles to lift!

Pole Squats (with or without ball)

2 sets of 6 reps

Rest 15-20 seconds between sets

Leave out heel lift option if preferred

## **Beginner Workout #2 - The Next Step**

Once you feel fairly comfortable with the mechanics of the exercises, you can move on to this "next step" beginner strength workout on your pole.

For this workout, we're going to go through each exercise in order again, but we'll increase the number of reps and sets. Therefore, please pay close attention to your form when you start to get tired.

There is a range of reps and sets given so that you can progress as you get stronger. Don't push too hard at first, but don't be too easy on yourself as your strength increases. Remember, if you want to see changes, you need to push just a bit harder and do just a bit more than you think you can.

If you're already familiar with the exercises, you shouldn't need to play the DVD as you go through them, but you can certainly do so if you feel more comfortable checking your form and reviewing the safety tips.

Once you can do 3 sets at the higher end of the rep range, you're ready to start tackling some of the intermediate level workouts that follow.

One difference with this workout is that you'll choose between doing the Sitting Pole Ups OR the Side Sitting Pole Ups. If you like, you can choose to do one set of each.

**Goal:** to start building strength by gradually increasing the number of reps and sets of each exercise. Push your comfort zone a little with this workout!

**Focus:** keep your focus on your form, but don't give up too soon. You should feel a little uncomfortable so expect to feel tired by the end of the workout.

### **The Workout:**

Do each exercise once (or once on each side where required) and then move on to the next one. When you've done them all, start again and work through each exercise again for a 2nd time, and again for a 3rd time if you're at that level. This will give your muscles some rest before tackling each exercise again. Rest 20-30 seconds between each exercise, which is just about enough time to change to the next exercise and take a few deep breaths before beginning.

**Remember:** Do 2-3 rounds in total; one set of each exercise then moving on to the next, and then the next. Start over with Pole Pulls for round #2 and round #3. Rest 20-30 seconds between exercises.

This workout begins on the next page.

### Pole Pulls

8-12 reps on each arm

### Sitting Pole Ups OR Side Sitting Pole Ups

6-10 reps (on each side for Side Sitting Pole Ups)

If doing Sitting Pole Ups, change hand position each rep OR each set if doing only 2 sets

If doing Side Sitting Poles Ups, change to the other side of the pole and do a 2nd set on the other side

### Triceps Pole Press

8-12 reps, change hand position each rep OR each set if doing only 2 sets

### Back Hook Side Bends

8-12 reps on each side

As you get stronger, you may want to try one set (usually the first one) with your arms in one of the alternate positions (at sides of head; extended overhead)

### Leg Lifts 1

8-12 reps

Remember to bend knees as much as required to keep back flat, but not so much that you're not working those abs!

### Leg Lifts 2

8-12 reps

### Rolling Sit Ups

8-12 reps

Try to use the pole only if you're tired and need help lifting up

### Standing Body Waves

8-12 reps

You should be familiar with the movement now, but keep it slow and controlled to really work those muscles.

Pole Lunges

8-12 reps on each side

As you get stronger, try to dip your back knee a bit lower towards the floor

Hamstring Lifts

8-12 reps on each side

Pole Pliés

8-12 reps

Try these on the balls of your feet when you're ready for extra challenge

Pole Squats (with ball, foam block, or similar)

8-12 reps

Try to do these with a heel lift at the bottom of each squat

## Intermediate/Advanced Workout #1 - Back to Back Sets

*Please note that I've labelled this workout, and the others that follow, as "intermediate/advanced" in level. This is because there's enough leeway in how you do each workout to allow you to customize the level for your needs. However, it's a good idea to either do the beginner workouts at least a few times before moving on to these ones, or to have some previous experience with strength training.*

Now that you've really got the hang of these exercises, it's time to start mixing things up. This first intermediate/advanced workout offers more challenge as you'll be working one muscle group several times in a row.

By the time you're done your 3rd set, you should feel like you can't do any more reps. Then it will be on to the next exercise. The good news is that we'll be mixing up the order of the exercises, so you'll do one core, one lower body, and one upper body exercise before starting the sequence again with a new exercise.

Once again, you'll need to pay close attention to your form when you start to get tired. And if you can only do 2 sets to start with, or 7 reps, that's fine. As you get stronger you'll be able to do more. But remember, if you don't push yourself to do just a bit more than you think you can, nothing is going to change!

By now you'll probably only need to refer to the DVD occasionally. It's a good idea to review it every now and then however, just to give yourself a refresher on proper form and technique, as well as to remind yourself of any options or modifications you might want to use.

**Goal:** to build strength and endurance by working one muscle group to exhaustion before moving on to the next.

**Focus:** mental toughness is the name of the game with this workout. Try to ignore that little voice in your head that tells you it's too hard or too boring, or you can't possibly do another set. Up-tempo, motivational music can do wonders!

### **The Workout:**

Do 3 sets of each exercise in the order specified. Only after you've done 3 sets of one exercise should you move on to the next one. This is important because we want to work each muscle to exhaustion, and then give that muscle group a good rest before coming back to it with a new exercise.

This workout begins on the next page.

Leg Lifts 1 (core).

8-12 reps

Rest 20-30 seconds between sets

Hamstring Lifts (lower body).

8-12 reps on each side

Alternate legs to complete one set

No rest between sets, as you'll be resting one side while you work the other

Rest 20-30 seconds after you finish the last set

Sitting Pole Ups (upper body).

8-12 reps

Change hand position each rep

Rest 20-30 seconds between sets

Leg Lifts 2 (core).

8-12 reps

Rest 20-30 seconds between sets

Pole Lunges (lower body).

8-12 reps on each side

Alternate legs to complete one set

No rest between reps, as you'll be resting one side while you work the other

Rest 20-30 seconds after you finish the last set

Triceps Pole Press (upper body).

8-12 reps, change hand position each rep OR each set

Rest 20-30 seconds between sets

Back Hook Side Bends (core).

8-12 reps on each side

Alternate sides to complete one set

No rest between reps, as you'll be resting one side while you work the other

As you get stronger, you may want to try one or more sets with your arms in one of the more challenging positions (at sides of head; extended overhead)

Rest 20-30 seconds after you finish the last set

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Pole Pliés (lower body).

8-12 reps

Rest 20-30 seconds between sets

Stay on the balls of your feet throughout if you have the strength and flexibility, or just try one or two sets this way

Side Sitting Pole Ups (upper body).

8-12 reps

Alternate sides to complete one set

No rest between reps, as you'll be resting one side while you work the other

Rest 20-30 seconds after you finish the last set

Standing Body Waves (core).

8-12 reps

Rest 20-30 seconds between sets

Pole Squats (with ball, foam block, or similar) (lower body).

8-12 reps

Try to do these with a heel lift at the bottom of each squat

Rest 20-30 seconds between sets

Pole Pulls (upper body).

8-12 reps on each arm

Alternate arms to complete one set

No rest between reps, as you'll be resting one arm while you work the other

Rest 20-30 seconds after you finish the last set

Rolling Sit Ups (core).

8-12 reps

Rest 20-30 seconds between sets

Try to use the pole only as a guide, rather than lifting yourself up with it.

## Intermediate/Advanced Workout #2 - Paired Sets

Now it's time to start introducing more options so you don't get bored with these exercises. Changing the way you work out can have real benefits for your strength-building program, quite aside from quashing the boredom factor.

This workout pairs two exercises together. You'll do 2-4 sets of each exercise, alternating between the two. Then you'll move on to the next pair.

This workout is somewhat more time-efficient because you won't be taking those 20-30 second rest breaks between sets. That's because you'll be working a new body part each set, so your rest for your upper body will come while you're working your core, for example. Then you'll rest your core while working your lower body, and so on.

For this reason, the workout has some aerobic benefits as well. If you can keep your heart rate up throughout the workout by moving directly from one exercise to another, you'll be doing double duty AND saving yourself some time.

The number of sets you do will be dependent on how strong you are, how much you're reasonably able to push yourself on any given day, how motivated you are, and how much time you have available to work out. I suggest a minimum of two sets of each pair of exercises, and you can do up to 4, but in that case you'll probably want to do fewer reps.

Remember, any time you need a quick refresher, a modification, or a variation to provide more challenge, just refer back to the DVD. Each exercise is in its own chapter so it's easy to find exactly what you need.

**Goal:** to build strength as well as muscular and aerobic endurance in a time-efficient manner,

**Focus:** keep moving! This workout should have you sweating and breathing hard after the first few exercises. Resist the temptation to stop and rest between sets if you want to get the full aerobic benefit.

### **The Workout:**

Do 2-4 sets of each pair of exercises, alternating between the two exercises with no rest, then move on to the next pair. It's OK to start out with a higher number of reps and decrease this in subsequent sets if you're getting tired and/or your form starts to suffer. In general, the fewer sets you plan to do, the higher the number of reps you should aim for.

This workout begins on the next page.

### **Pair #1**

Pole Pulls (upper body).

8-12 reps on each arm

Pole Lunges (lower body).

8-12 reps on each side

For variety, you can alternate between exercises after each side. For example, you can do Pole Pulls with the right arm, Pole Lunges with the right leg, back to Pole Pulls with the left arm, then Pole Lunges with the left leg. That would be one set.

Or just do Pole Pulls with both arms, then Pole Lunges with both legs for one set.

### **Pair #2**

Triceps Pole Press (upper body).

8-12 reps, change hand position each rep OR each set

Standing Body Waves (core).

8-12 reps

### **Pair #3**

Pole Pliés (lower body).

8-12 reps

Back Hook Side Bends (core).

8-12 reps on each side

### **Pair #4**

Sitting Pole Ups (upper body).

8-12 reps (remember to change hand position each rep)

Hamstring Lifts (lower body).

8-12 reps on each side

**Pair #5**

Leg Lifts 1 OR 2 (core).

8-12 reps

Side Sitting Pole Ups (upper body).

8-12 reps on each side

**Pair #6**

Rolling Sit Ups (core).

8-12 reps

Pole Squats (lower body).

8-12 reps

## **Intermediate/Advanced Workout #3 - Cardio Intervals**

If you really love a challenge, this is the workout for you! It's going to be tough, so be sure you're up for it. You're going to be moving quickly between your pole strength exercises and short bursts of high intensity cardio, so be warned that this workout is NOT for beginners or the faint of heart.

We're definitely focusing more on a cardio workout with this routine, though of course there are plenty of strength and toning benefits to be had as well.

Take a few minutes before you begin to set things up so that you'll be ready to move in and out of your cardio intervals quickly. You don't need any cardio equipment, as you can choose any of the following options that don't require equipment, but if you have a favourite piece, feel free to use it. You'll need to have it close by your pole, ideally in the same room so you can get to it quickly.

Here are some suggestions for both high and low impact cardio interval activities that you can use during this workout. Feel free to stick with just one, or to mix it up and use several during your workout. Remember to choose ones that you know will work for you. If you have a bad knee or a foot injury for example, you'll want to avoid jumping jacks and opt for a low impact activity instead.

- Jumping Jacks
- Running in place with high knees (hold hands at chest height and try to hit them with your knees)
- Running in place, trying to kick your butt with your heels
- "Football Run" - crouch low so your glutes and quads are activated, and run in place with small, very fast steps
- "Knee Ups" - hands up, one leg back, then pull your arms down forcefully while you raise your back knee hard. Change legs each time you do a cardio set.
- High speed hula hooping
- Any exercise on a mini trampoline (rebounder) that gets your heart rate up
- Stationary biking, or use your road bike on a wind trainer
- Run or power walk on a treadmill
- Rowing machine or any other piece of cardio equipment
- Plyometric squat jumps (avoid if you have knee problems)
- Kickboxing moves (only if you know what you're doing please!)
- Stepping up and down on a sturdy box, fitness step, or your stairs

This total body workout consists of one 30 second set of strength exercises, then a 30 second high intensity cardio burst. On to the next exercise for 30 seconds, then another 30 second cardio session.

Ideally, you want to move quickly from exercise to cardio station and back to the next exercise. However, while you're doing the strength exercises be careful to slow down as much as you need to in order to maintain good form. In other words,

do this workout as quickly as you can, as long as your form doesn't suffer. For those exercises that require changing sides, do the first side, then a cardio interval, then come back and do the second side, then another cardio interval.

If this is the first time you've done this type of workout, I suggest you start by going through each exercise just once. You should be plenty tired and sweaty by the end, and it's important not to overdo it. Once you get the hang of it, or if you really need a challenge, you can go through the whole routine 2 or even 3 times.

And for even more challenge, increase the interval time spent on each exercise and each cardio segment to 45 or even 60 seconds. Yowsa!

By the way, you might notice I didn't include high level pole dancing on the list of cardio suggestions. That's because you'd need to be doing some very challenging sequences of moves to get and keep your heart rate up. This workout will tire you out, both muscularly and cardio-wise, and I don't want your body to give up on you while you're upside down on your pole. Best to keep both feet on the ground, or at least on a relatively safe piece of equipment for this workout.

**Goal:** to work the heart, lungs and muscles with a high-intensity workout that combines strength training with cardiovascular training.

**Focus:** be brisk as you move between intervals, as the whole workout depends on the intensity factor! This workout should not feel at all comfortable. It's also not for beginners, so be sure you're able to complete it safely.

### **The Workout:**

Choose which of the strength exercises you're going to do. You can do them all for a full body workout, or if you're pressed for time you can choose just 2-3 exercises from each major muscle group (upper body, lower body and core).

You may want to jot each exercise down on an index card as a cue. You'll be working hard and you may be surprised at how hard it is to remember what you've just done and what comes next.

Once you're properly warmed up (ultra-important for this workout!) start with your first strength exercise for 30 seconds, then move quickly to your first cardio interval for 30 seconds, on to your next strength exercise, and so on, until you've done all the exercises once through. Remember you can go twice or three times through if you need more challenge, or increase the interval time if you're really a sucker for punishment!

If you do all 13 exercises, you'll be done one circuit in about 20 minutes (some of the exercises have to be done on both sides), so if you're pressed for time this is a great, no-frills, yet very intense workout.

## Intermediate/Advanced Workout #4 - Slow & Steady

In contrast to the Cardio Interval Workout above, this workout really focuses on the muscle burn. The idea here is to do each exercise v-e-r-y s-l-o-w-l-y through its full range of motion. You might be surprised at how challenging this is. For those old enough to remember Jane Fonda, we're "goin' for the burn!"

Although you'll be moving slowly, and therefore you might think this workout will take a long time to complete, we're only going to do one set of each exercise. That's because I want you to work until your muscles have truly reached exhaustion, ie you couldn't do another rep if your life depended on it.

Of course, if you're a real torture lover, you can always go through the routine a 2nd time, just for kicks. Be my guest! But for most people, once through will be quite enough, thank you very much. Your muscles should definitely be talking back to you for a day or two after you do this session.

Once again, you won't be taking rest breaks between sets. That's because you'll be moving to a new muscle group for each set. But do remember to do both sides, for those exercises where you need to change arms or legs.

This workout is all about muscle strength and endurance. In other words, it's great for those advanced pole routines that get pretty darned tough towards the end of your 10th aerial move in under 2 minutes.

**Goal:** to increase muscular strength and endurance

**Focus:** slow and controlled to the very end. We want to go 'til we can't go no more. But slowly, and with control. Mental fortitude required, be forewarned!

### **The Workout:**

Do each exercise in the order given below. No set number of reps or time frame, just do as many reps as you can, *very slowly* and in a very controlled manner. In other words, work to exhaustion with focused attention on the muscle involved.

Easier said than done, as your mind will start talking you into giving up long before your body truly can't do another rep. Talk back to it and tell it to get stuffed, then try to squeeze out a couple more reps. Stop when your form deteriorates, or when you really, truly, cross-my-heart-and-hope-to-die can't do another rep.

The list of exercises for this workout, and the order in which to do them, begins on the next page.

Standing Body Waves (core)

Pole Pulls (upper body)

Pole Lunges (lower body)

Back Hook Side Bends (core)

Triceps Pole Press (upper body)

Pole Pliés (lower body)

Leg Lifts 1 (core)

Sitting Pole Ups (upper body)  
(remember to change hand position each rep)

Hamstring Lifts (lower body)

Rolling Sit Ups (core)

Side Sitting Pole Ups (upper body)

Pole Squats (lower body)

Leg Lifts 2 (core)

## Intermediate/Advanced Workout #5 Total Body Express Workout

If you're short on time but still want to get in a strength workout, this one is a good choice. It's not as grueling as the Cardio Intervals, so it's a good option for when you want to focus on strength and toning more so than on cardiovascular conditioning.

For this workout, you'll do each of the listed exercises for 1 minute (30 seconds per side for those that require changing sides) with 10 seconds rest between sets. Just make sure to use those 10 seconds to move into position for the next exercise, rather than resting in place for 10 seconds and then changing.

There are two workout options given on the next page, each using a different group of exercises. However, both incorporate all three major muscle groups (upper body, core and lower body).

We'll go through each exercise three times in a circuit format for a quick and efficient total body workout. The only thing you'll need is a clock or watch to time yourself, since you'll be working to the clock instead of to a certain number of reps.

You should do the exercises at a steady pace, neither too fast (remember, momentum is our enemy!) nor too slow (that's for another workout). Just try to continue for the full minute. If you can't do another rep and there's still time left before you have to change to the next exercise, it's ok to rest briefly and then try to do a few more reps within the allotted one minute.

The total workout time will be about 20 minutes, including your 10 second breaks to change exercises. It's not long, but if you're in a rush it's better than skipping your strength workout altogether. Just be sure to make every rep count - no cheating on form!

Of course, you can certainly add additional exercises, or combine the two workouts into one if you have more time. But if you're in a time crunch, you can feel good about just doing just one of the options.

**Goal:** to fit a time-efficient, 20 minute strength workout into your busy day

**Focus:** make it count! It's a short workout, so try to get the most out of every rep.

### **The Workout:**

Do each exercise in the order given below, for one minute. For those that require changing sides, do 30 seconds per side. Take no more than 10 seconds to change to the next exercise.

### **Total Body Express Workout Option #1**

Pole Lunges (lower body)

Pole Pulls (upper body)

Back Hook Side Bends (core)

Pole Pliés (lower body)

Sitting Pole Ups (upper body)

Leg Lifts 1 (core)

### **Total Body Express Workout Option #2**

Pole Squats (lower body)

Triceps Pole Press (upper body)

Standing Body Waves (core)

Hamstring Lifts (lower body)

Side Sitting Pole Ups (upper body)

Leg Lifts 2 (core)

## Intermediate/Advanced Workout #6 20 Minute Ab Blaster

As its name implies, this workout focuses on abs. It's short and to the point, but even though it will only take you about 20 minutes, it should feel pretty intense.

For this workout, you'll be using the 5 core exercises from the DVD in a circuit format. In between the pole exercises, you'll do a 10-30 second plank, mixing it up between front and side planks. If you're not familiar with the plank exercise, you can review this quick tutorial that explains how to do both a front and a side plank.

One thing not mentioned in the tutorial is that you can do both the front plank and the side plank from your knees if you find the regular version too challenging. However, if you're at the point where you can hold a regular plank for 10 seconds (or close to it) I encourage you to go the extra mile and work with that, instead of taking the easier way out and doing them from your knees. Remember, if you don't push your comfort zone, you're not going to see the results you want.

I like to use the plank because it builds core strength through not only your abdominals, but also your back muscles. And of course, we all know that the back is very important in many advanced lifts on the pole.

Also, it's a nice complement to the other exercises because it's isometric (we hold the exercise in a fixed position, instead of putting it through a range of motion). Isometrics are one of the fastest ways to build strength. The only downside is that the strength you build will only be in the limited position you're in for the isometric exercise. This is why I like to combine it with the other pole exercises.

We'll spend 30 seconds on each pole abdominal exercise, alternating that with 10-30 seconds in a plank position. Really challenge yourself to hang onto your plank for as long as you possibly can, and remember to use good form with all the plank variations - a perfectly flat back and a tight tummy - and BREATHE!

The total workout time will be about 20 minutes, as we'll go through the circuit a total of 4 times. If you're able to hold your plank for the full 30 seconds all the way through, the workout will be slightly longer.

**Goal:** to work that core!

**Focus:** mental toughness - you're focused on one muscle group, so those core muscles are going to get tired. Try to hang on all the way through!

### **The Workout:**

Do each exercise in the order given below, for 30 seconds. Between pole exercises, hold the indicated plank for 10-30 seconds. Repeat the circuit 4 times.

Standing Body Waves - 30 seconds

Left Side Plank (knees or toes) - hold for 10-30 seconds

Back Hook Side Bends - 30 seconds

Right Side Plank (knees or toes) - hold for 10-30 seconds

Leg Lifts 1 - 30 seconds

Front Plank (knees or toes) - hold for 10-30 seconds

Rolling Sit Ups - 30 seconds

Left Side Plank (knees or toes) - hold for 10-30 seconds

Leg Lifts 2 (core)

Right Side Plank (knees or toes) - hold for 10-30 seconds

Repeat a total of 4 times

NOTE: if you need even more challenge for your planks, you can lift one foot off the floor (better make it the top leg for side planks!)

I sincerely hope you find these workouts helpful as you work towards better fitness with your dance pole.

If you have any questions, would like to have a workout for a specific purpose, or notice any errors in this publication, please visit my website and click on the CONTACT button to get in touch with me.

I welcome your feedback and your questions, and promise to do my best to provide you with the information or guidance you need.

