The boring stuff! But I must say it....

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Welcome and thank you from the bottom of my heart for allowing me to help you in your pole fitness journey. Pole fitness dancing is without a doubt, in my opinion, the best way for a woman to workout.

Below are the steps you can take to get started pole dancing at home for fitness, everything is in consecutive order.

#1 Pole fitness dancing isn’t just physically healthy; it’s healthy for your attitude as well.

The very act of learning how to pole fitness dance will challenge how you genuinely feel about your body and gifts you the choice to love yourself while enjoying the dance.

That is one of the little secrets that most woman aren’t’ talking about right now.

For years we have sold on the idea that we must have a perfect figure before we can feel sexy and that’s a huge lie!

Feeling sexy and confident is an inside job. What do I mean by inside job? I mean that you learn to do it inside your mind and inside your soul. While having a healthy physically body is a component of feeling ultimately confident and sexy, without FIRST changing your thoughts on the inside, you will NEVER feel ultimately confident no matter how thin you get.
How do I know this? I have been teaching pole dance for years and I can tell you that even the most physically beautiful woman in my class can have the biggest insecurities. She feels fat even though she is nearly flawless and eventually she may give up dance because she feels she is not good enough. Her own thoughts and attitude is her own worst enemy.

On the flip side, I have seen girls with larger physiques come into my classes with superhuman confidence. They can almost immediately invert and inspire the skinnier girls how to let go in the dance and truly enjoy what they are doing.

Another reason I know this is because I was fat once. I would gain it, then lose it, then gain it, and gain some more, then lose it! Ever been there? Well when I changed my attitude about myself and started believing I was beautiful as a person just the way I was – that’s when the weight really stayed off.

So again, learning to feel sexy and confident is something that you practice in your attitude right now! Make a choice that you aren’t going to hate your body anymore simply because it’s not helping you and it doesn’t do any good. Enjoy who you are as the beautiful sexy woman you are right now.

Don’t go into pole dancing thinking that you will magically become sexy. Pole dancing is the conduit (much like a counselor is) to help you feel sexy; YOU must do the mental & emotional work.

Follow this link to read more details regarding how to let go of negative emotion about your body and feel boldly confident and sexy while leaning to pole dance.
#2 Now that we have your attitude straight, the next step is to choose a sturdy and safe dance pole.

Choosing a sturdy pole is one of the most important parts when beginning to pole dance. It’s an investment in yourself and you want it to be of good quality and too last.

There several types of poles, so here is the breakdown:

**Permanently Installed or Removable (aka as Portable) Poles:**

If you don’t own your home, you may want to get a removable portable pole dancing pole so you can take it with you if you leave. Permanent installed poles require you to put bolts (or large screws) into a ceiling joist which creates large holes in the ceiling.

Permanent pole are sturdier of course, however, dancers have been safely dancing on removable portable poles for years. Installation of the removable pole is critical to ensure safety. Removable pole will need to be checked periodically to ensure they remain tight whereas a permanently installed pole doesn’t require that maintenance.

I have danced on removable portable poles both in my home and in my fitness studios for years and enjoy them immensely.
If you own your home and you know exactly where you want your pole to go (and remain for a long time), then go for the permanently installed pole just for the added safety.

The other disadvantage of permanent poles is that they are usually cut for you ceiling height and are not usually adjustable. So, if you ever change the location of your pole causing the ceiling height to change, then you may end up buying a whole new pole.

As an alternative, you can change a portable dance pole into a semi-permanently installed pole with a flat ceiling mount. Doing this will allow you to have the added safety of a permanent pole without losing the height flexibility and portability of a removable pole.

**Spinning or Static:**

Static is when the pole does not spin, spinning is when the pole will spin. Both removable and permanently installed poles can come static, spinning, or feature both. I recommend a pole with both features. When you begin pole dancing, you may find it easier to dance on a spinning pole (at least that’s what my students say). Static will help you build grip strength and prepare you for competitions if you ever want to go that far with pole dancing. Static also helps beginners learn to control their momentum.

My pole is almost always on spinning mode. I use static mode to do my leg workouts and other repetitive strength building exercises on the pole.

Look for pole with locking nuts that can be adjusted at the base of the pole. This allows you to choose static or spinning mode.

If you aren’t sure, go here to read a great article about learning to pole dance in spinning or static mode.

**Pole Size (diameter) and Finish Type:**

This is where people start to get a little overwhelmed, don’t worry and hang in there.

The most common pole size is 45mm and the most common finish type is chrome.

If you have never touched a pole in your life and are new, start with a chrome 45mm home pole dance kit and don’t worry about the rest.
Other finish types include brass, titanium gold, stainless steel, silicone, and various powder coated colors. Here is an article that goes into depth on the different benefits of the different pole finish types >>

Assessing Your Dance Space:

One of the most common concerns when installing a dance pole at home is if it will damage the floor or ceiling (especially if you have popcorn ceiling) and if you have enough space in the area where you want to install the pole.

If you buy a good quality pole and you install it correctly according manufacturer's instructions, the pole rarely causes any damage. However, there are certain exceptions to that rule and you want to be sure your floor, ceiling, and dance space are safe before you purchase your pole and begin your home pole dancing workout. There is more info below about good ceiling and floor types.

Always installing your pole under a hard sturdy surface like a ceiling joist is a must for safety reasons. As always, consult a professional carpenter to assess your ceiling and floor for safe installation of a home dance pole if you are uncertain.

You will also want to get your pole properly spaced away from other items in the room, like furniture for example. There is an article about how to get your dance space set up correctly => Read the details here>>

Ceiling Types:

There are flat ceiling and vaulted ceilings. If you have a flat ceiling, any pole will do. All poles standardly come equipped to install on a flat ceiling.

If you have a vaulted or “slanted” ceiling then you will need to buy a vaulted ceiling mount which is almost always sold separately from the pole.

Many people have concerns about installing a pole on different types of ceilings, especially popcorn ceilings. Here is a video that will show you the basic pole installation on a ceiling >>

Here is an article talks about installing a pole on a popcorn ceiling >>
**Flooring Types:**

Most portable pole dancing poles can be installed on any floor type including carpet, tile, laminate, and other flat surfaces. Here is a great article that goes into detail about installing a pole on different floor types >>

**Brand Name or Off Brand Poles:**

This is generally where people get scarred and confused.

Name brand poles typically have a good reputation for quality and safety however, not everyone can afford a brand name pole.  *There are cheaper Brand Name poles that are not safe as well.*

“Off” Brand or No Brand poles can be just as sturdy as the name brands *IF you know what to look for.*  *There are companies on the market that sell dance poles that are dangerous.*

To start, the main name brand poles are [Lil Mynx](#) and [X poles](#).  Both are great companies and have been around for a while.  They both demonstrate professional qualities and if you can afford one of these brands then I recommend them both.  Lil Mynx is better for permanently installed poles.  X pole is a leader in producing portable and removable dance poles. Their [pole extensions](#) to make the pole extend to different heights is unmatched.

On the flip side, *Some Brand Name poles like the Carmen Electra Pole and the Spencers Spinning Pole are not safe* for learning to pole dance on in my opinion.  You will find a video review on this pole below in the next section explaining why.

When I first opened my pole fitness studio, I didn’t have enough money to buy name brand poles.  So I bought a wide variety of dance poles trying to find ones safe and suitable for my students and made a ton of mistakes!

*Here is what I found:*

1. **You must get a pole with quality chrome electroplating.** Some cheaply coat the pole in chrome that then it soon chips off after you buy it.  I paid $149.99 for a pole on EBay and when the chrome chipped off it cut my fingers as I slid down the pole.
2. **You must look for the thickness of the metal in which to pole is created.** If you buy a pole that is made of too thin of metal, it can bend. Yes, you heard that right. I bent one pole inverting on it after one short month. Once it was bent, it wouldn’t spin very well. [Here is a video of my bent pole adventure >>](#)

3. **You must watch for accurate install instructions.** One pole I bought came with wrong instruction on where to place the locking nut (the piece that makes the pole NOT come loose from the ceiling). **I put it where the instructions said and the pole unscrewed itself from the roof while I was on it!** I later found out that by putting the nut in the right spot solved the problem.

4. **You must look for quality bearings.** This is a tough one because we girls are not machinists (usually). I didn’t know anything about bearings and I bet you don’t either! All you can do is ask if there is a warranty on the bearings. **Some of the EBay and Amazon poles I bought had the bearings go bad after a few short months. When that happens, the pole locks up and it won’t spin anymore.** This is where some of the product reviews are faulty because it might work good at first, but quite spinning later on down the road, long after that person left a good review about the pole. I was able to fix the bearing problem by taking it to a local machine shop, but I shouldn’t have had to do that with such a new pole.

5. **D-Poles.** D-Poles are not technically a “brand” like some people think, it’s the name of the generic instruction manual they place inside almost ALL no brand poles because they are install identically.

Unfortunately, most of the off brand poles come from China and there are no set industrial standards for a quality pole. (Don’t let China scare you, X pole is manufactured in China too.)

Looking for these above suggestion can be time consuming and taxing. If you want to save yourself the trouble and **buy an affordable and study off brand pole for a great price**, then check out my website at [www.polefitnessdancing.com](http://www.polefitnessdancing.com).

I have already gone through the pain of finding a good quality off brand pole for you. I currently use that pole in my pole fitness studio and the girls absolutely love them!
Here is a video where I show you what to look for in a good No Brand dance pole:

www.PoleFitnessDancing.com
Here is a video Review for the Carmen Electra Pole Dancing Pole:
#3 Choose Your Pole Dance Lessons

Once you have your pole, the next step is to get the right home pole dancing lessons.

There are several different ways you can get lessons at home. Most commonly, we all know YouTube can be a great resource to get started however many videos lack real step by step instruction that keeps you safe while dancing.

It is important to learn how to execute moves accurately and hold proper posture to avoid injury and make you dancing look graceful.

You can also get FREE online pole dancing lessons with the purchase of any dance pole kit in my shop.

Another downslope of YouTube is that you need to know the names of the pole moves to find good lessons and many beginners don’t know those names. What makes it more confusing is that sometimes one pole move can have 3 different names! The Pole Fitness Association is working hard to get everybody on the same page as far as terminology goes, but there are still many different known names for one move. You may have to do some cross referencing for this reason.
There are two ways of learning pole at home.

1. The first is to just learn individual pole moves one by one.
2. The second (and recommended) way is to learn various pole dance routines and you will naturally learn the 100’s of different pole moves as you learn the pole dance routine.

I personally recommend that you learn a dance routine because it’s simply more fun to dance to music as you learn. You can also do this in the comfort of your own home.

Also, there are different teaching styles, some are for people who aspire to become professional pole competitors and other lessons for those who are pole dancing for fitness or fun.

If you are looking for more fitness oriented online lessons for the everyday women, then you might try my online pole dancing lessons for everyday women.

If you are an aspiring professional, you might try some local classes and study under a professional champion pole dancer.
#4 How and when to use different Grip Aids

If you are brand new to pole, you will definitely want to get a grip aid to start. Rarely will a newbie have the strength in their hands to get a solid grip on the pole for beginner pole moves.

Developing strength in your grip takes time and a grip aid will help you stick to the pole while your grip is getting stronger. Remember, grip aids are never a substitute for developing the strength you need in your hands to grip the pole, but rather an AID.

While there are several different grip aids, the 3 main ones you will be concerned with when you start pole dancing is Dry Hands, Mighty Grip and Tite Grip. They all work great but you may prefer one over the other depending on your skin type and your environment (mainly humidity).

Dry Hands is my top seller and works best in a more humid environment. Girlie Grip is a newer brand of grip aid that I personally love. It’s very similar to dry hands but dries quicker and is designed by a pole dancer for pole dancers.

If you have dry skin and live in a dry environment, Dew Point will be a better grip aid for you.

Here is a short video on how to clean your pole, choose a grip aid, and use the grip aid of your choice: >>
#5 Safety Tip when learning To Pole Fitness Dance At Home

When you first start to pole dance, I don’t recommend any safety gear AT FIRST. Why? Because if things are done correctly and at your own pace for your body, then you won’t need it.

When you first start, very advanced moves like inverting and other dangerous tricks are not taught to beginners. The risk of “falling” is very minimal.

The biggest thing beginners struggle with is GRIP and the pain endured when learning to grip the pole with their inner thighs. Pain reduces quickly with practice and your grip naturally strengthens with time and practice.

There are glove for enhanced grip, inner thigh and ankle protectors as well as other types of gear you can wear to protect your skin.

When you first start pole dancing, you don’t usually do anything drastic requiring gear for one, and for two, as you get more advanced where the use of protectors comes into play.
You see, in pole dancing you have to get used to the feeling of the pole on your skin. Sometimes this result is pain and bruising. However, once your skin gets used to it, it’s doesn’t hurt anymore.

I feel it is best to pole dance the correct way rather than babying your body too much. If you ever decide to do competitions, you will not be allowed to use that gear and if you haven’t taken time to adjust your skin to pole dancing, then it will be even more painful when you try to do all your fancy moves without the protective gear.

Use skin protective gear and grip gloves to lengthen the amount of time you can train and pole dance, but NOT as a daily crutch.

If you opt to use them to aid in grip anyway, you can buy the best protective gear by clicking here.

CRASH MATS

Crash pads are a great idea when you are learning to climb or invert (especially inverting). You won’t need them right away unless you feel you are physically fit enough to begin inverting sooner than normal.

Beginners usually stay grounded learning to simply dance on the floor, do floor work with basic spins that are usually very safe.

I recommend you get a 4” thick mat or better, however you can buy 2” thick mats to start. The reason I recommend the 4” or better is because that is the standard for pole dancing studios for insurance purposes; they are just safer as well.
There are many diets and eating tips out there. The Internet is swarmed with them. I like to keep things very practical and realistic.

These tips are what I have seem work over the years but the biggest secret to shedding fat fast is getting to know how your body feels when you eat certain foods.

Your body is yours and yours alone. There is no one size fits all diet plan that is guaranteed to work, that’s why there are so many and not all of them work. Here is a great article about how to pick a diet plan that is right for your body =>

**TIP #1** - Every day, when you eat anything, make a mental note of how that makes you feel. After a while you will notice patterns like fruit makes me energized and McDonalds makes me tired (and hungry 2 hours later)

**The whole concept is to focus eating more of the foods that create physical and metal focus for you and less of the foods the drop your energy.**

**TIP #2** - The next tip is to notice if you are eating emotionally. Make sure you only eat when you have physical hunger. If you have an urge to eat emotionally, find a substitute reaction. Mine is learning something new by reading for few minutes or meditating to relax.
TIP #3 - Next, learn about gluten. If you don’t know anything about gluten, then do a quick Google search on “gluten sensitivity” and read up on it. It’s one of the best things to be aware of because if you are sensitive to gluten it can pack on the weight and inhibit you from losing extra pounds. More and more people are sensitive to gluten and don’t even know it. It has never been proven that I have gluten sensitivity but I find when I avoid it, I feel so much more energetic.

And... when you feel more energetic you will naturally want to move and do more pole dancing! Exercise feels wonderful when you naturally want to do it. Not when you are forcing yourself to go, especially if you are physically low on energy.

Energy is key! Put your focus there and find the foods that help you.

The Last tip here is some general dietary rules I have found beneficial:

- Avoid sugar and don’t use artificial sweeteners (they are toxic). If you can’t let go of sugar (and I can’t either) learn to make deserts that are sugar-free, natural, and healthy >
- Eat more lean meats, less red meat and more vegetables. Learn how to overcome challenges to eating healthy here >
- It more organic.
- Manage your stress which manages your cortisol levels, this is critical!
- Swap the soda pop for naturally flavored water.
- Ditch the idea that calories are in issue. Instead focus on energy. Eat when your body physically needs to do so. If you only need 2 meals a day, then have that. If you need 4 meals a day then have that. Everyone’s needs are different. Do what’s right for you. Getting adequate protein in every meal is important!
- Don’t overeat. Eat slowly and stop when you start to feel full. It’s still a waste if you put extra food in your body because your body doesn’t need it, that why it gets stored in fat cells. Choose to waste it in the garbage can rather than in your body. Listen to your body! Be done when it says you are done no matter what that looks like.
- And finally, cherish your new choices. Be grateful every day that you are choosing to eat healthier and recognize that you love yourself by eating better. This helps you feel more sexy and confident as well!
Summary:

Pole fitness dancing is a fun journey for your mind, body, and soul. It is or the betterment of you as a woman and if you allow, can be the most enriching experience of your life.

Stick with it for the long haul and you will enjoy all the many benefits pole dancing has to offer.

Be proud, be confident, find your place in life, express yourself, be you!

With all the Love in the World,

Enjoy!

Danna

www.PoleFitnessDancing.com

The Pole Fitness Oasis

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