



Boston Pole Fitness

Turning Fitness Upside Down

Workbook

Fitness Classes
Group Lessons
Individual Training
Group Parties
Special Events

Welcome to

Boston Pole Fitness

Thank you for choosing Boston Pole Fitness!

'Polegression' is the technique of mastering pole movements in a progressive way from beginner to advanced, to build up the strength and flexibility required for more advanced movements.

'Polegression' was developed to ensure that every student can learn to pole dance and reach their personal goals in the most efficient style possible.

The conditioning exercises that accompany these movements will strengthen and stretch your muscles, allowing you to advance to the next set of pole movements. This program guarantees that each student feels secure and in control while reaching for their pole fitness goals.

Most importantly, **'Polegression'** allows and encourages each student to learn at their own pace, while pushing themselves to achieve the next movement. Every Boston Pole Fitness instructor is trained in this style, so students are able to learn consistently, even while attending different classes.

BPF thanks you again for choosing us. We hope that we exceed your expectations, and that you enjoy turning fitness upside down with us!

Stacy Hamilton

- Owner

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Pole Grips & Hand Positions

- Baseball Grip
- Bridge Grip
- Chinese Pole Grip
- Claw Grip
- Crook Grip
- Elbow Grip
- Forearm Grip
- Full Bracket
- Half Bracket
- Positions 1, 2, & 3.
- Reverse Baseball Grip
- Shoulder Mount Grips
- Twisted Grip

Pole Positions

- B Hook
- Back Slide
- Ballerina
- Floor Figurehead
- Mantis Leg
- Ships Bitch

Walks & Pirouettes

- Basic Full Pirouette
- Basic Half Pirouette
- Basic Walk
- Dragon Step
- High Stepper
- Step Around
- Step Around to Back Arch
- Step Through to Pirouette
- Outside Step/Turn Kick

Body Movements

- Body Rolls
- Curtsey
- Dump Outs
- Hip Flips
- Hip Push
- Hip Rolls
- Lazy Stripper
- Leg Flair
- Mermaid
- Snake
- Spider Legs
- Thunderbolt

Warming Up & Cooling Down

- Leg Kicks
- Arm Circles
- Neck Rolls
- Hip Circles

Stretching

- Bicep Stretch
- Forearm Stretch
- Quad Stretch
- Side Stretch
- Trap Stretch
- “World’s Greatest Stretch”



Getting to the Floor

- Back Slide
- Crab Slide
- Drop Splits
- Kick and Slide
- Pole Roll to Floor
- Pull Up and Slide
- Straddle Slide

Standing Up

- Ginger
- Low Lift Spin
- Mary Anne
- Sunrise
- Toe Slide Handstand

On the Floor

- Body Peel Off
- Body Wave
- Bootie Bounce
- Bootie Pop
- Cat Stretch
- Clockwork Legs
- Crawling
- Goddess/Full Goddess
- Hip Bounce
- Kneeling Body Rolls
- Leg Flare on Floor
- Mermaid
- Shoulder Stand
- Siren/Full Siren
- Windmill Legs

Getting to the Floor From an Inversion

- Bum Slide
- Chest Press
- Elbow Stand Straddle Out
- Forward Roll
- Handstand Hip Hold to Twist
- Handstand Step Out
- Handstand Straddle Out
- Iguana Dismount
- Pole Grab Straddle Out
- Shoulder Dismount
- Spiral Slide Down (on shoulder)
- Twisted Spiral

Getting to the Floor From a Climb

- Fan Kick Down
- Tinkerbelle Slide
- Leg Kicks and Slide (Bicycle Legs)
- Wrist Seat Slide



'Skater' Spins

- Attitude
 - No Touch
 - Heel Hook
 - Knee Hook
- Boomerang
 - Basic
 - Bouncing
- Carousel
- Cradle
 - Half Bracket
 - Full Bracket
 - Straddle
- Fireman
 - Ballerina
 - Basic
 - Crossed Leg
 - Extended Leg
 - Spider Leg
 - Pixie
- Straight Leg Spin
- Tinkerbelle

'Hook' Spins

- Anchor Spin
- Backwards Attitude
- Back Hook
- Butterfly
- Front Hook
- Spinning Star

'Open' Spins

- Candy Cane
- Chair Spin
 - Bent Legs
 - Straight Legs
- Corkscrew
- Helen
- Helen's Escape
- Helen of Troy
- Helen's Plank
- Pretzel
- Reverse Back Grab
- Rock Star
- Switch-a-Roo

Spinning Pole Spins

- Boomerang
 - Straight Legs
 - Bouncing
- Flying Butterfly
- Flying Ballerina
- Jump Back-Thigh
- Monkey Backspin
- Reverse Knee and Elbow Hook Spin
- Spinning Chopper
- Spinning Superman
- Straddle Pike Spin
- Switch-a-roo
- Sword Spin

Beginner Movements

- Angel
 - Basic
 - Bent
 - Folded
- Basic Hang
- Basic Seat
- Crucifix
- Diva Seat
- Diva Split
- Fan Kick
- Lady Seat
- Layout
- Step Around to B Hook

Climbing

- Basic Climb
- Push Pull Climb
- Skater Climb
- Side Climb

Elbow Stands & Handstands

- Attitude
 - Open
 - Square
 - Split
- Bow and Arrow
- Crazy Legs
- Fang
- Mantis Pike
- Near Side Handstand Hook
- Nike
- Straddle Out

Intermediate Movements

- Anchor
- Basic Invert
- Basic Teddy
- Bridge
- Caterpillar
- Cross Ankle Release
- Cross Knee Release
- Double Plank
- Embrace
- Figurehead
- Flat-line Scorpio
- Genie
- Helicopter Invert
- Inside Leg Hang
- Inverted Crucifix
- Jagged Edge
- Outside Leg Hang
- Skater
- Spinning Chopper
- Star
- Starburst
- Super-girl
- Superman
- Wrist Seat

Advanced Movements

- Aerial Ballerina
- Aerial Invert
- Allegra
- Apprentice
- Aysha
- Bird's Nest
- Bomb
- Bow and Arrow
- Brass Monkey
- Butterfly
 - Hooked Leg
 - Extended Leg
- Cupid
- Dangerous Bridge
- Dark Pixie
- Drama Queen
- Eagle
- Elbow Hang
- Embrace
- Eros
- Figurehead Bridge
- Flag
 - Bent
 - Full
- Flyer
- Flying Cupid
- Hang Man
- Hello Boys
- Hip Hold
 - Pike
 - Stag
 - Straddle

- Hood Ornament
- Inverted Thigh Hold
- Knee Hold
- Mermaid
- Pencil
 - Straight
 - Rubber
- Peter Pan
- Pike
- Rocket Ship
- Shoulder Mount
- Skater
- Star
- Swallow
- Teddy Bear

Advanced Climbs

- Aysha Climb
- Caterpillar Climb
- Iguana Mount
- Opposition Climb
- Side Exit Climb
- Sitting Climb

Pole Splits

- Banana Splits
- Diva Splits
- Down Splits
- Jade Splits
- Split Heels
- Vertical Splits



Masters Movements

- Apprentice to Extended Butterfly
- Aysha Fang
- Back Spiral to Eagle
- Closed Allegra
- Closed Eagle
- Cup Grip Handspring
- Handspring
 - Jackknife
 - Straight Edge
 - Split
- Holly Drop
- Inside Leg Hang to Twisted Grip Handspring
- Reverse Jade Split
- Rocket Ship
- Shoulder Mount to Brass Monkey
- Spatchcock
- Starfish
- The Q
- Twisted Grip Handspring
- Yogini
- Lifted Spin to Chopper to Outside Leg Hang to Jade Splits
- Outside Leg Hang to Inside Leg Hang to Twisted Grip Handspring to Inside Leg Hang
- Cross Ankle Release to Fang to Dangerous Brian
- Back Spiral to Twisted Grip Handspring
- Pencil to Inside Leg Hang to Jade Splits (spinning pole)
- Reverse Knee and Elbow Hook Spin (spinning pole)
- Shoulder Mount to Stag Horizontal Body Extension
- Straddle Pike Spin (spinning pole)
- Cross Ankle Release to Crescent Moon to Pencil to Fang
- Twisted Grip Handspring to Horizontal Split Leg Suspension
- Twisted Grip Shoulder Mount to Crucifix
- Shoulder Mount to Brass Monkey to Eros

Masters Combinations

- Side Exit Climb to Star to Bird's Nest to Butterfly
- Flag to Brass Monkey to Eros
- Chopper to Outside Leg Hang to Superman to Bum Slide
- Helicopter to Inside Leg Hang to Twisted Grip Handspring

My Pole Goals

My Personal Pole Goals:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

My Accomplishments:

Class #	Goals Reached
5	
10	
15	
20	
25	
30	
35	
40	
45	
50	