



eBook

*THE ULTIMATE GUIDE TO
POLE PROGRESS WITH THE
PPA METHOD*

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BEFORE WE START...

You don't know what you don't know.

If you've been struggling to progress for a while, there's likely something holding you back, whether it's strength, technique, or mobility. That's why getting feedback is so important. We're not here to judge you. We're here to support you and provide the guidance you need to level up. You might not always like what you hear, but we'll always tell you the truth because we want to see you win, there are no shortcuts.

Just remember: you can't expect different results by doing the same things you've always done.

*Let's get
started* 

Welcome to the next step in your pole fitness journey.

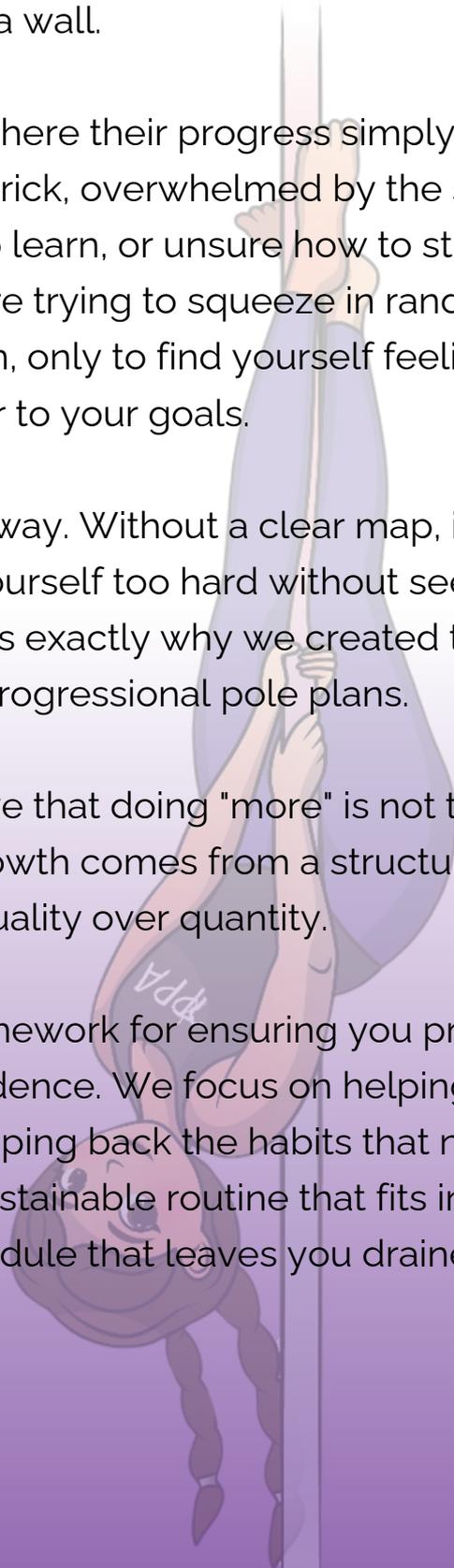
If you have picked up this guide, you already know the incredible physical and mental benefits that pole training brings. But you might also know the frustration of hitting a wall.

Many pole dancers reach a point where their progress simply stalls. You might feel stuck on a specific trick, overwhelmed by the sheer number of pole moves you want to learn, or unsure how to string your skills together. Perhaps you are trying to squeeze in random training sessions whenever you can, only to find yourself feeling exhausted, burnt out, and no closer to your goals.

It is completely normal to feel this way. Without a clear map, it is easy to wander off track or push yourself too hard without seeing the results you actually want. This is exactly why we created the PPA Method to create structured progressional pole plans.

At Pole Power Academy, we believe that doing "more" is not the secret to progress. Instead, real growth comes from a structured, realistic approach that prioritises quality over quantity.

The PPA Method is our proven framework for ensuring you progress safely, consistently, and with confidence. We focus on helping you identify your core motivations, stripping back the habits that no longer serve you, and building a sustainable routine that fits into your actual life - not a fantasy schedule that leaves you drained or constantly like you're behind.



Through this method, you will learn how to focus your energy on what truly matters. Whether your goal is to finally nail that elusive invert, build the shoulder flexibility for a beautiful bridge, or simply find joy and consistency in moving your body each week, the PPA Method provides the structure you need to get there.

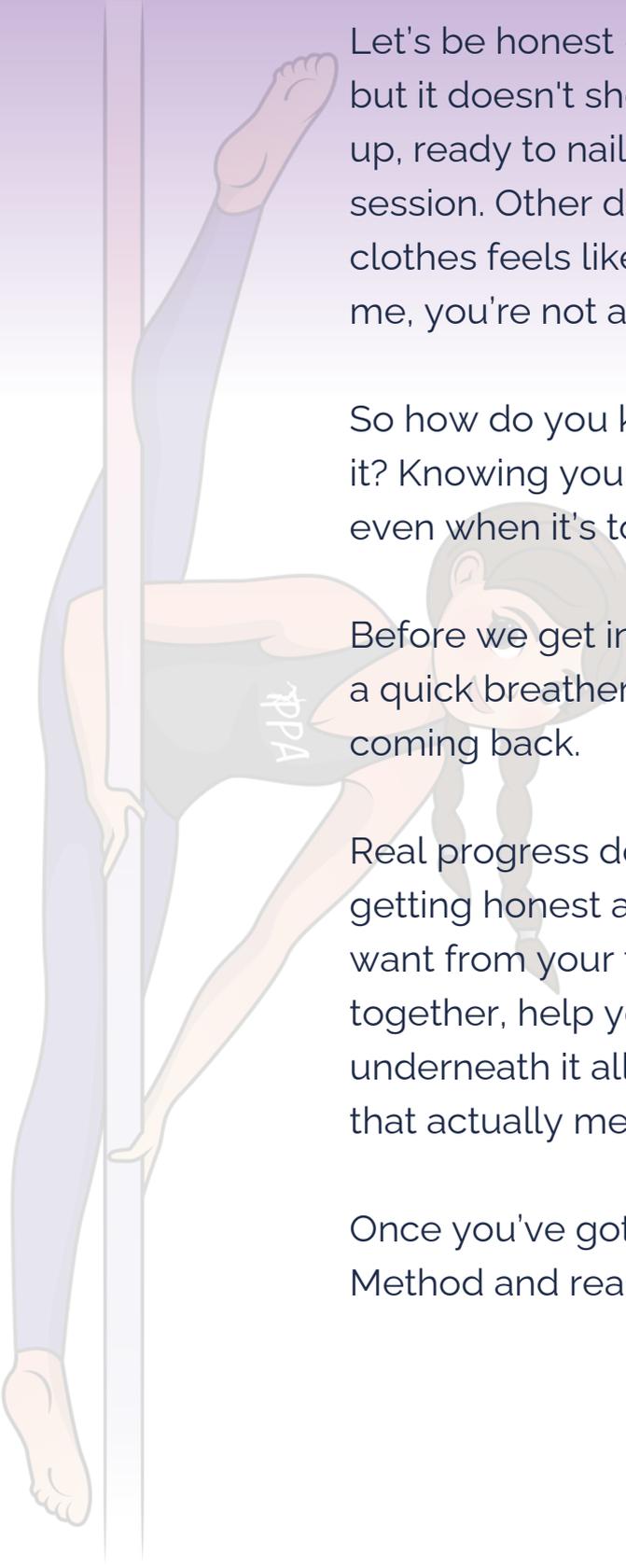
You do not need to train every single day to see incredible results. You just need the right plan.

In the pages that follow, you will discover exactly how to apply the PPA Method to your own training. We will guide you through uncovering your true motivations and show you how to build a routine you can actually stick to.

Best of all, we have included a couple 12-week training plan examples for different goals and availability to help inspire you.

Get ready to leave the frustration behind. Your blueprint for levelling up your skills and confidence is right here. Let's get started.

Setting Goals for Pole Progress



Let's be honest - motivation is awesome when it's there, but it doesn't show up every day. Some days you're fired up, ready to nail a new move or power through a tough session. Other days, just dragging yourself into workout clothes feels like a big win. If that sounds like you, trust me, you're not alone.

So how do you keep going when you're just not feeling it? Knowing your "why" is what keeps you coming back, even when it's tough.

Before we get into building your 12-week plan, let's take a quick breather and figure out what actually keeps you coming back.

Real progress doesn't happen by luck - it starts with getting honest about what truly drives you and what you want from your training. This is where we'll dig in together, help you uncover what's really motivating you underneath it all, and then show you how to pick a goal that actually means something to you.

Once you've got that, it's a lot easier to use the PPA Method and really make it work for you.

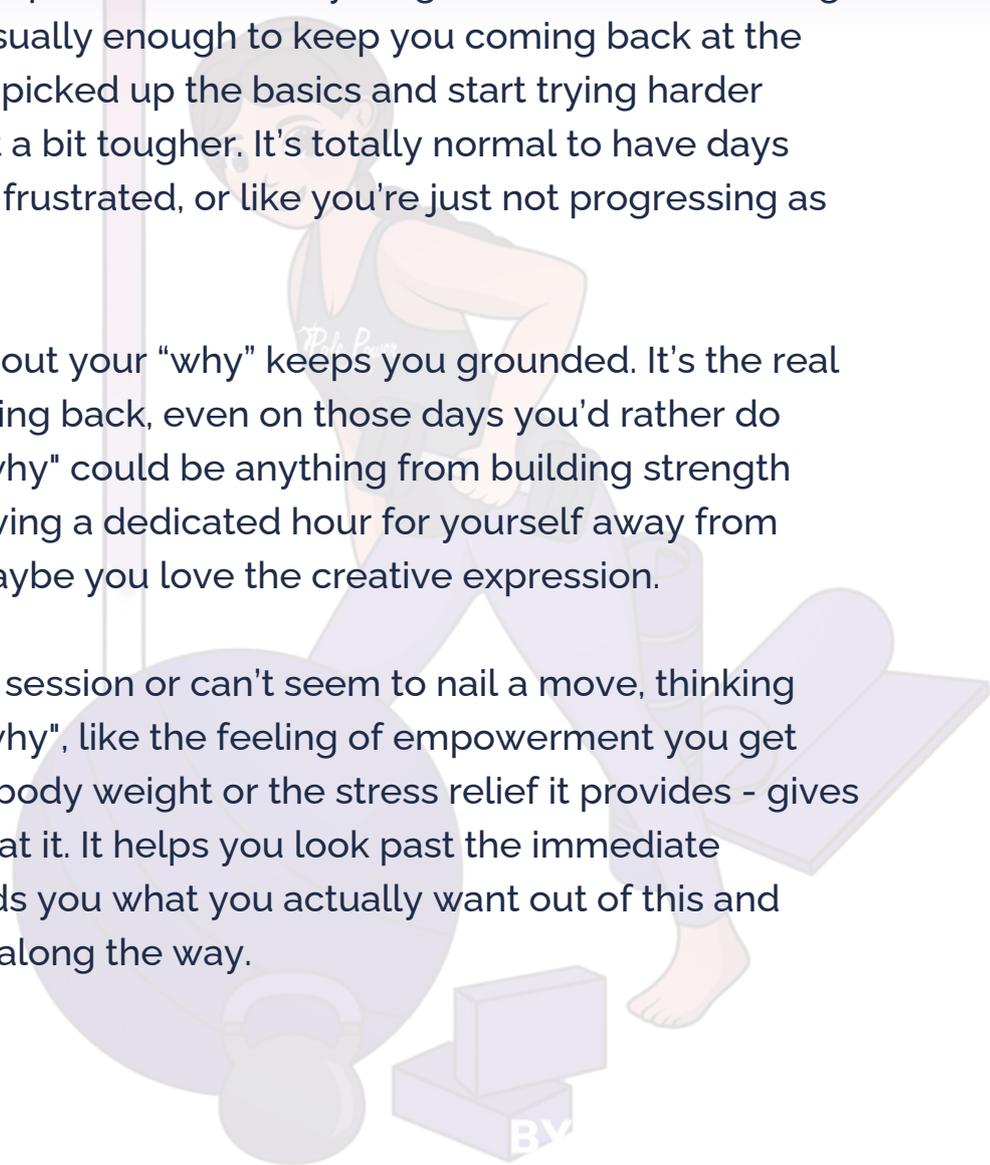
The Power of Purpose in Your Pole Journey

Enjoy the journey more than the destination.

When you first get into pole fitness, everything feels new and exciting and honestly, that's usually enough to keep you coming back at the start. But after you've picked up the basics and start trying harder moves, things can get a bit tougher. It's totally normal to have days where you feel stuck, frustrated, or like you're just not progressing as quickly as you hoped.

This is where figuring out your "why" keeps you grounded. It's the real reason you keep coming back, even on those days you'd rather do anything else. Your "why" could be anything from building strength and confidence to having a dedicated hour for yourself away from work and family or maybe you love the creative expression.

When you hit a tough session or can't seem to nail a move, thinking about your specific "why", like the feeling of empowerment you get from lifting your own body weight or the stress relief it provides - gives you the push to keep at it. It helps you look past the immediate frustration and reminds you what you actually want out of this and how you want to feel along the way.



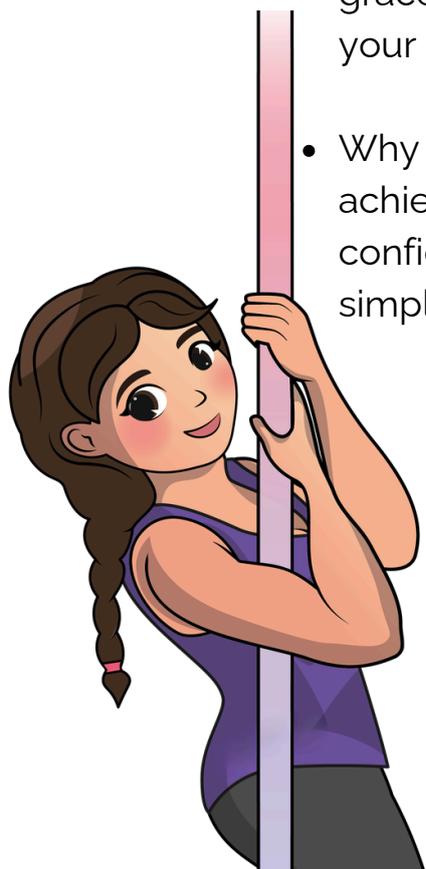
How to Identify Your True Motivations

Let's get real - what actually gets you out the door to train, even when you'd rather stay on the couch? For most of us, it's not just about ticking off the next cool move (though that's pretty great); there's usually something deeper behind it. Grab a notebook or open your notes app and try these prompts, no sugar-coating. The more honest you are, the more useful your answers will be.

Ask Yourself These Key Questions:

- Think back to the moment you decided to take your training more seriously. Was it a desire to get stronger, to feel part of a community, or to prove something to yourself?
 - How does pole training make you feel? Do you feel powerful, graceful, strong, or free? Understanding the emotions attached to your training helps you see its true value.
 - Why is progressing important to you right now? What will achieving your goals change for you? Will it boost your daily confidence, provide a mental escape from a demanding job, or simply bring you joy and accomplishment?

When you really dig into these questions, you stop settling for answers like "I just want to get better." Instead, you start to see what's actually driving you - maybe it's wanting to have more energy to play with your kids, feel confident enough to wear that outfit you love, or prove to yourself that you can hit a new personal best by levelling up. That's the kind of motivation that sticks, even on the tough days.



Setting Clear and Realistic Goals

Once you figure out what matters most to you, set a goal that's simple, clear, and real - not just "I want to get stronger" or "I'd like to be more flexible." Sure, those sound good, but how will you actually know you're making progress? A clear goal makes it way easier to see those small wins and stay pumped to keep going.

If you want the PPA Method to make a real difference for you, pick one main goal to zero in on. We're big fans of keeping it simple and focusing on what counts. If you try to tackle too many things at once, it's easy to feel like you're getting nowhere fast.

Give yourself permission to go all in on one thing - you'll be surprised how much progress you can make when you stop spreading yourself too thin.



A goal without a plan is just a dream!

Let's make it a reality!

JOIN PPA NOW



Examples of Meaningful Goals

Let's keep this simple. Pick a goal that you can actually see progress on, something that fits where you are right now and feels exciting to work toward. Here are a few real-life examples to help you get started:

Skill-Based Goals:

- Nailing a specific move or trick, such as achieving the Climbing or Shoulder Mount.
- Mastering your invert without relying on kicking or swinging.
- Improving your pole flow to link moves together seamlessly.
- Levelling up by passing the PPA grading, confirming you have the skills and confidence to advance.

Physical and Flexibility Goals:

- Developing leg and hip flexibility to finally achieve your front splits
- Improving your middle, straddle, or pancake splits.
- Building shoulder and back flexibility for beautiful, strong bridges.

Mental and Emotional Goals:

- Improving your self-confidence both inside and outside the studio.
- Boosting your mental wellbeing through consistent, mindful movement.
- Feeling a deep sense of accomplishment by showing up for yourself consistently each week.

Aligning Your Goals with the PPA Method

Now that you've had a chance to figure out what really gets you fired up and seen some example goals, it's time to pick one thing you want to work on for the next 12 weeks.

Take a minute and get real with yourself: **What's the number one thing you want to focus on right now?**

Don't feel like you have to juggle everything at once. Focusing on just one main goal for the next 12 weeks is honestly the best way to see real progress. When you start noticing those wins - whether it's getting stronger, feeling more confident, or finally landing that move - it has a way of building momentum. Before you know it, those good habits and little victories start to show up in other areas of your life too, all without forcing it.

Write your main goal down somewhere you'll see it every day - maybe on the fridge, your bathroom mirror, or as your phone background. Keeping it in plain sight gives you that nudge on the tough days and helps you remember what you're working for. When your goal's front and center, it's so much easier to stick with your plan and build habits that actually fit your real life.

Next, we'll show you how to take that goal and turn it into a simple weekly routine that fits your real life - no crash-and-burn, no trying to do everything at once. Just a plan that makes progress feel doable and actually sticks.

A Realistic Training Plan

Motivation gets you started, but a solid routine keeps you going. Many pole dancers hit a wall because their training schedule simply does not fit their actual life. You might find yourself trying to cram sessions into a chaotic week, feeling guilty when you miss a day, and eventually burning out completely.

Let us create a training plan you can actually stick to. This guide will show you how to build a realistic weekly schedule using the PPA Method. We will focus on prioritising quality over quantity, making room for vital rest, and structuring a routine that guarantees progress without taking over your entire life.

You will walk away with a clear understanding of how to audit your current activities, plan your week effectively, and implement our proven beginner schedule.

WHY QUALITY ALWAYS BEATS QUANTITY

A common misconception in pole fitness is that you need to train every single day to see results. Doing more is not the secret to progress. In fact, overtraining is often the very thing holding you back from nailing that next move.

When you train, you are breaking down muscle fibres. It is during your rest periods that these fibres repair and grow stronger. If you constantly push your body without adequate recovery, you risk injury, fatigue, and a serious drop in motivation. This is why we focus on high-quality, structured sessions rather than endless hours on the pole.

We find that training three days a week is the absolute sweet spot for seeing incredible results while allowing your body to recover. Even one focused day a week is a fantastic start. We actively discourage training more than four days a week, unless you are already progressing well doing more of course. If that's the case, you probably wouldn't be here reading this guide. Your body needs downtime to absorb the hard work you are putting in for you to see real results.

Review Your Current Schedule

Before you can add a new PPA training plan into your life, you need to look at what you are already doing. Grab a piece of paper and write down all your current weekly commitments. Include your job, family time, social events, and any other fitness classes you currently attend.

Look closely at the fitness activities you are currently doing. Are they actively helping you reach your primary pole goals? You downloaded this guide because your old routine was not giving you the progress you wanted. Now is the time to let go of the habits and schedules that are no longer serving you.

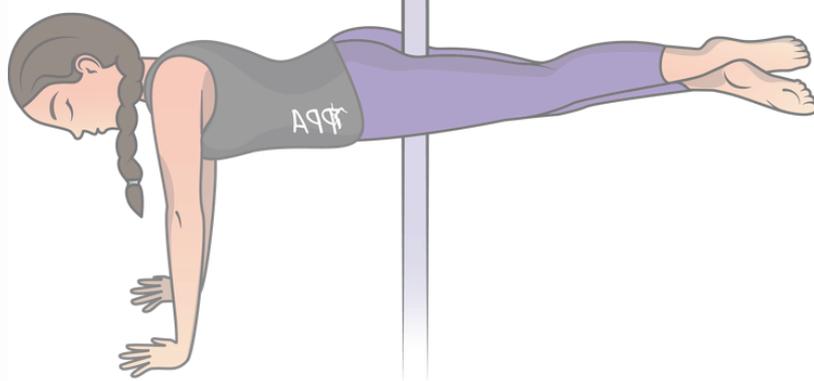
Trying to squeeze your new PPA plan on top of an already packed schedule is a recipe for disaster. It leads directly to burnout and will actually slow your progress down. You need to create space for your new goals - your new and improved progression plan.

SCALING BACK WITHOUT GIVING UP

Creating space does not mean you have to stop doing the other things you love completely. It simply means reducing their frequency to prioritise your main goal.

For example, perhaps you love attending a local studio class because your friends are there. Instead of going twice a week and exhausting yourself, try visiting your favourite studio just once a month for the social aspect. Let your PPA plan handle the heavy lifting for your actual physical progress.

This keeps training fun while ensuring you stay on track.



How to Plan Your Week Effectively

Now that you have cleared some space in your diary, it is time to map out your new weekly commitment. Planning ahead removes the guesswork. When you know exactly what you are doing on any given day, you are far less likely to skip a session.

Treat your training times like important appointments you cannot cancel. You would not simply skip a meeting with your boss because you did not feel like it. Show yourself that same level of respect and commitment.

Start by deciding how many days you can realistically train each week. Be honest with yourself. If you know you work late three nights a week, do not plan a five-day training schedule. Whether you choose one, two, or three days, lock those days into your calendar.

THE MAGIC OF THE BONUS DAY

Life happens. No matter how perfectly you plan your week, there will be times when a meeting runs late, a child gets sick, or you simply feel too exhausted to train safely. This is where our secret weapon comes in: the Bonus Day.

A Bonus Day is an optional, flexible day built into your weekly schedule. It acts as a safety net for your routine. If you miss a scheduled session on Wednesday because life got in the way, you do not need to panic or feel guilty. You simply move that session to your Bonus Day.

If you complete all your scheduled sessions without any hiccups, the Bonus Day becomes a playground. You can use it to practise moves you found challenging during the week, enjoy some free-flowing dance, or simply take an extra day of well-deserved rest. Planning for obstacles is the absolute key to long-term success.

Example Weekly Schedule:

Monday: PPA Training

Tuesday: Rest

Wednesday: PPA Training

Thursday: Rest

Friday: Rest

Saturday: PPA Training

Sunday: Bonus Day

We get it, life gets busy and it's easy to feel like you don't have time. In fact, "no time" is the number one reason members give for not seeing progress, because they don't make the time to complete their plan.

The key is to plan your week ahead. We make time for the things we prioritise, so if your mental and physical health is important to you, you'll find a way to make it happen.

We recommend 3 training sessions a week for the best results, but even one session is a fantastic start. If you're not used to training three times a week, start with one and build from there. Don't try to fit everything in at once, as this can quickly become overwhelming.

Set yourself up for success. Consistently training once a week for a year is far better than training three times a week for just one month.

So, be honest with yourself and go make that plan.



Building Your 12-Week Plan

Now that you've figured out how many days you can realistically train each week, it's time to put your goal into action -with a full 12-week plan built on the PPA Method.

This isn't about repeating the same sessions over and over (although sometimes that's necessary - such as conditioning). Instead, you'll map out exactly what you need to work on each week, making every session count. This is intentional, focused training designed to move you forward.

With your training days chosen, use the PPA method to fill those slots with specific lessons that build toward your main goal. **The PPA Method is built on a series of key lessons designed to help you progress:**

- **Master the Chopper (MTC):** Learn to nail your invert with pure strength and control - no kicking or swinging required. 5 sections each progresses from the last.
- **Master the Shoulder Mount (MTSM):** Build on the core strength you developed in MTC to master the technique for a perfect shoulder mount.
- **Master Ayesha (MA):** Combine the strength from both MTC and MTSM to conquer the Ayesha a hands only move.
- **Structured Pole Lessons:** Follow a clear path to progress. Each lesson builds on the last, ensuring you're always moving forward and training with intention.
- **Pole Flow / Exotic:** Follow-along lessons that teach you to move fluidly and intentionally around the pole, with or without heels.
- **Front Splits Flexibility:** A follow-along course designed to open your hips, strengthen the glutes, lengthen your hamstrings, and then bring it all together to achieve your front splits.
- **Back & Shoulders Flexibility:** A complete follow-along course to improve your range of motion for backbends and bridge-like shapes.
- **Pole Tricks Off The Pole Workouts:** Struggling with a specific trick? These targeted workouts give you the exact exercises you need to build strength and mobility where it matters most.
- **Core & Body Blast:** Off-the-pole training designed to build strength in specific areas and help you improve faster. No pole required!
- **Beginner Handstand Course:** Build the confidence, core strength, and shoulder stability to get comfortable upside down. No pole required!
- **Pole Circuits:** Fun and challenging workouts using moves both on and off the pole to boost your strength and stamina.

Progress Check Ins.

To achieve your goals, it's crucial to break them down into smaller, manageable steps. These "mini-goals" will be your focus for each 12-week plan you create.

It can be tempting to skip key steps because you want to reach your goal now, but this often leads to getting stuck or injured.

Take the invert, for example. If you're new and haven't built up the necessary strength, it's unrealistic to expect a controlled invert in just 12 weeks. While not impossible, our focus is on building you up for long-term success, not just a quick win. True achievement means you can perform the skill consistently. The invert requires strength in your biceps, back, core, and hip flexors. Here's how you could break it down:

- **First 12-Week Plan:** Focus on mastering the technique and strength for a solid tuck position. This is the most critical foundation and can take the longest to perfect. Making this your goal is more realistic than aiming for a full invert and setting yourself up for failure. (MTC Section 1)
- **Second 12-Week Plan:** Build the strength to hold the tuck position and begin tilting back without dropping. (MTC Section 2 & 3)
- **Third 12-Week Plan:** Develop confidence by tilting further into an invert and a chopper. (MTC Section 3 & 4)
- **Fourth 12-Week Plan:** Work on consistently inverting and chopping to build strength, control, and endurance. (MTC Section 4 & 5)

Within each 12-week plan, the PPA Method recommends a check-in every four weeks. Record yourself and ask:

- Have I made progress?
- Has my form improved?
- Can I hold the position longer?
- How do I feel compared to four weeks ago etc.

If you don't know how to break a goal down into mini steps... this is why you join the PPA Membership. The trainings have already been broken down into sections so you don't even have to think about it.

If you feel you haven't progressed or want to check your technique, use the personalised feedback included in the PPA Membership. You don't want to spend 12 weeks training with the wrong technique - that's when people say "it didn't work." After four weeks of consistent training, you should see some improvement. If not, it's time to book for personalised feedback and get the tweaks you need to your plan, to ensure the next four weeks bring you closer to your mini-goal.

12 Week Training Plan Examples:

Let's start with the most popular goal. Levelling up and feeling more confident both on and off the pole.

This plan is for someone who wants to start from the beginning whether completely new or has been poling a while and wants to fill in the gaps of their knowledge and skills. We recommend PPA Membership - Platinum tier.

This tier includes our Ultimate Progression Pole Plan (UPP). UPP is set up in order to follow from complete beginner to advanced. That's 5 levels - 3 Modules - x3 12 Week Plans in each level for ultimate success. No need to figure out what to do after the first 12 weeks have been completed as it's all there for you.

You simply follow each lesson in the order laid out whether you can train once a week or 3 times a week. It doesn't just include training it includes education and all the additional ad ons you didn't know you needed as and when you need them throughout.

Module 1 - Foundation - all about building strength and technique with tricks, combos and conditioning.

Module 2 - Developmental - all about expanding on what you have learnt and improve flexibility such as front splits and back bends.

Module 3 - Creativity - all about filling in the gaps of pole skills and improve your movement around the pole with flow in heels or without.

In total there are 15 twelve weeks plans (some are 13 weeks)

I have added the first 12 week plan - Module 1 - Beginner Foundations, so you can see what is entailed.

12 Week Plan - Level Up - 3 Sessions a week

UPP - Module 1 - Beginner Foundations - PPA Membership - Platinum

All lessons laid out in the UPP plan on the PPA Membership library page.

Week Intro (+starting point - PPA Method)

Session 1 - Intro to Pole Tricks - Beginner Foundations

Session 2 - Engaging Deep Core Muscles

Session 3 - Improving Shoulder Mobility

Week 1

Session 1 - Pole Lesson 1 - Beginner Foundations

Session 2 - MTC1 & Practice

Session 3 - Improving Pushing Strength

Week 2

Shoulder Engagement - What does it mean?

Session 1 - Pole Lesson 2 - Foundations

Session 2 - MTC1 & Practice

Session 3 - Body Blast & Practice

Week 3

How to Improve Grip Strength

Session 1 - Pole Lesson 3 - Foundations

Session 2 - MTC1 & Practice

Session 3 - Core Blast & Practice

Week 4 (+progress check in - PPA Method)

Session 1 - Pole Lesson 4 - Beginner Foundations

Session 2 - MTC1 & Practice

Session 3 - Body Blast & Practice

Week 5

Session 1 - Pole Lesson 5 - Beginner Foundations

Session 2 - MTC1 & Practice

Session 3 - Core Blast & Practice

Week 6

Session 1 - Pole Lesson 6 - Beginner Foundations

Session 2 - MTC1 & Practice

Session 3 - Body Blast & Practice



Week 7

Session 1 - Pole Lesson 7 - Beginner Foundations

Session 2 - MTC2 & Practice

Session 3 -Core Blast & Practice

Week 8 (+progress check in - PPA Method)

Session 1 - Pole Lesson 8 - Beginner Foundations

Session 2 - MTC2 & Practice

Session 3 -Body Blast & Practice

Week 9

Session 1 - Pole Lesson 9 - Beginner Foundations

Session 2 - MTC2 & Practice

Session 3 -Trick Specific Training - Attitude

Week 10

Session 1 - Pole Lesson 10 - Beginner Foundations

Session 2 - MTC2 & Practice

Session 3 -Trick Specific Workout - Genie

Week 11

Session 1 - Pole Lesson 11 - Beginner Foundations

Session 2 - MTC2 & Practice

Session 3 -Core Blast & Practice

Week 12 (+End of plan review - PPA Method)

Session 1 - Pole Lesson 12 - Beginner Foundations

Session 2 - MTC2 & Practice

Session 3 -Body Blast & Practice

You would then proceed to Module 2 - Beginner Developmental. Similar layout but includes flexibility instead.

If you think you have nailed the beginner levels we would ask you to grade before jumping into the level you think you're at. This requires submitting approx 10 moves on both sides we consider the fundamentals to ensure you have the skills and technique to level up. You don't know what you don't know. This way you can be confident in your ability as we'll pass you or defer you. If deferred, we'll tell you the areas you need to work on to pass and level up.



Want to improve flexibility with splits and feel accomplished?

12 Week Plan - 2 Sessions a week (No pole required)

PPA Membership - Silver

Follow the 12 week Front Splits Course inside the PPA Membership under Strong & Flexi. 24 lessons - complete 2 lessons a week with a 2 day gap between each split lesson for best results.

Week 1

Session 1 - Lesson 1 Front Splits Course - **Starting Point**

Session 2 - Lesson 2 Front Splits Course

Week 2

Session 1 - Lesson 3 Front Splits Course

Session 2 - Lesson 4 Front Splits Course

Week 3

Session 1 - Lesson 5 Front Splits Course

Session 2 - Lesson 6 Front Splits Course

Week 4

Session 1 - Lesson 7 Front Splits Course

Session 2 - Lesson 8 Front Splits Course - **Progress Check In**

Week 5

Session 1 - Lesson 9 Front Splits Course

Session 2 - Lesson 10 Front Splits Course

Week 6

Session 1 - Lesson 11 Front Splits Course

Session 2 - Lesson 12 Front Splits Course

Week 7

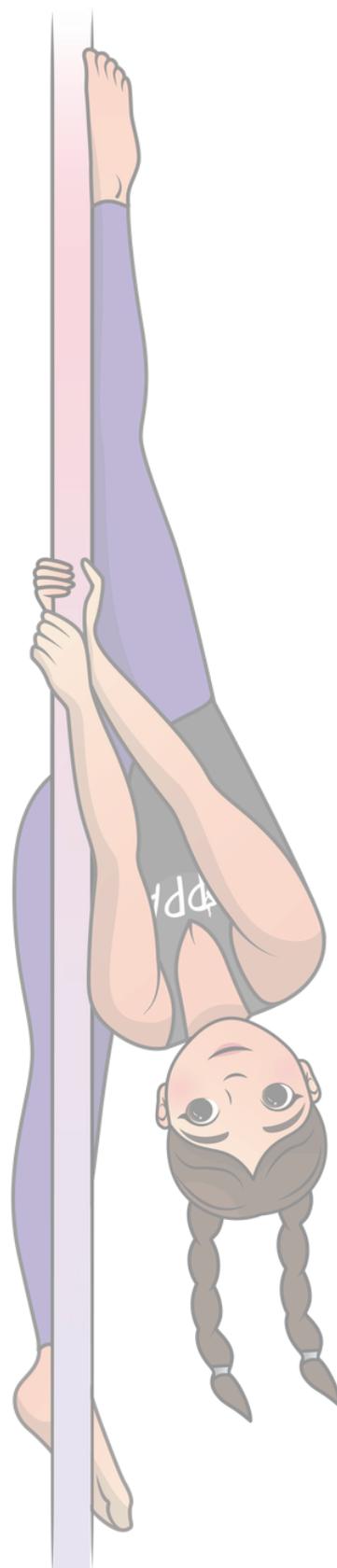
Session 1 - Lesson 13 Front Splits Course

Session 2 - Lesson 14 Front Splits Course

Week 8

Session 1 - Lesson 15 Front Splits Course

Session 2 - Lesson 16 Front Splits Course - **Progress Check In**



Week 9

Session 1 - Lesson 17 Front Splits Course

Session 2 - Lesson 18 Front Splits Course

Week 10

Session 1 - Lesson 19 Front Splits Course

Session 2 - Lesson 20 Front Splits Course

Week 11

Session 1 - Lesson 21 Front Splits Course

Session 2 - Lesson 22 Front Splits Course

Week 12

Session 1 - Lesson 23 Front Splits Course

Session 2 - Lesson 24 Front Splits Course - **Progress Check In**

The beauty of this course is that you can repeat the plan until you get your desired results. Most people find they need to complete it around 3 times to get touch down - that's still less than one year. most people find that because it's only training twice a week, it's realistically achievable to complete consistently.

Once you have reach your desired results you can simply add the maintenance front splits session to your schedule once weekly - it's short and could be used as part of a cool down of another training.



Want your invert strong and improve your pole flow?

12 Week Plan - 3 Sessions a week - PPA Membership - Gold

It takes the average person 12-18 months to build a strong, consistent, and controlled invert. This plan is your first step. Our specific invert training, MTC, is broken down into five sections. Spending 8 weeks on each section is recommended. You can find MTC inside the Pole Conditioning section and the Off-the-pole invert training can be found in the Strong & Flexi section of your PPA Membership.

Week 1

Session 1 - Lesson 1 MTC Section 1 - **Starting Point - ask for personalised feedback.**

Session 2 - Pole Flow Lesson 1

Session 3 - Invert Training (off the pole) + Practice Pole Flow Lesson 1

Week 2

Session 1 - Lesson 1 MTC Section 1

Session 2 - Practice Pole Flow Lesson 1 + Practice Tucks x3 each side

Session 3 - Invert Training (off the pole) + Practice Pole Flow Lesson 1

Week 3

Session 1 - Lesson 1 MTC Section 1

Session 2 - Pole Flow Lesson 2 + Practice Tucks x3 each side

Session 3 - Invert Training (off the pole) + Practice Pole Flow Lesson 2

Week 4

Session 1 - Lesson 1 MTC Section 1 - **Progress Check In - ask for personalised feedback.**

Session 2 - Practice Pole Flow Lesson 2 + Practice Tucks x3 each side

Session 3 - Invert Training (off the pole) + Practice Pole Flow Lesson 2

Week 5

Session 1 - Lesson 1 MTC Section 1

Session 2 - Pole Flow Lesson 3 + Practice Tucks x3 each side

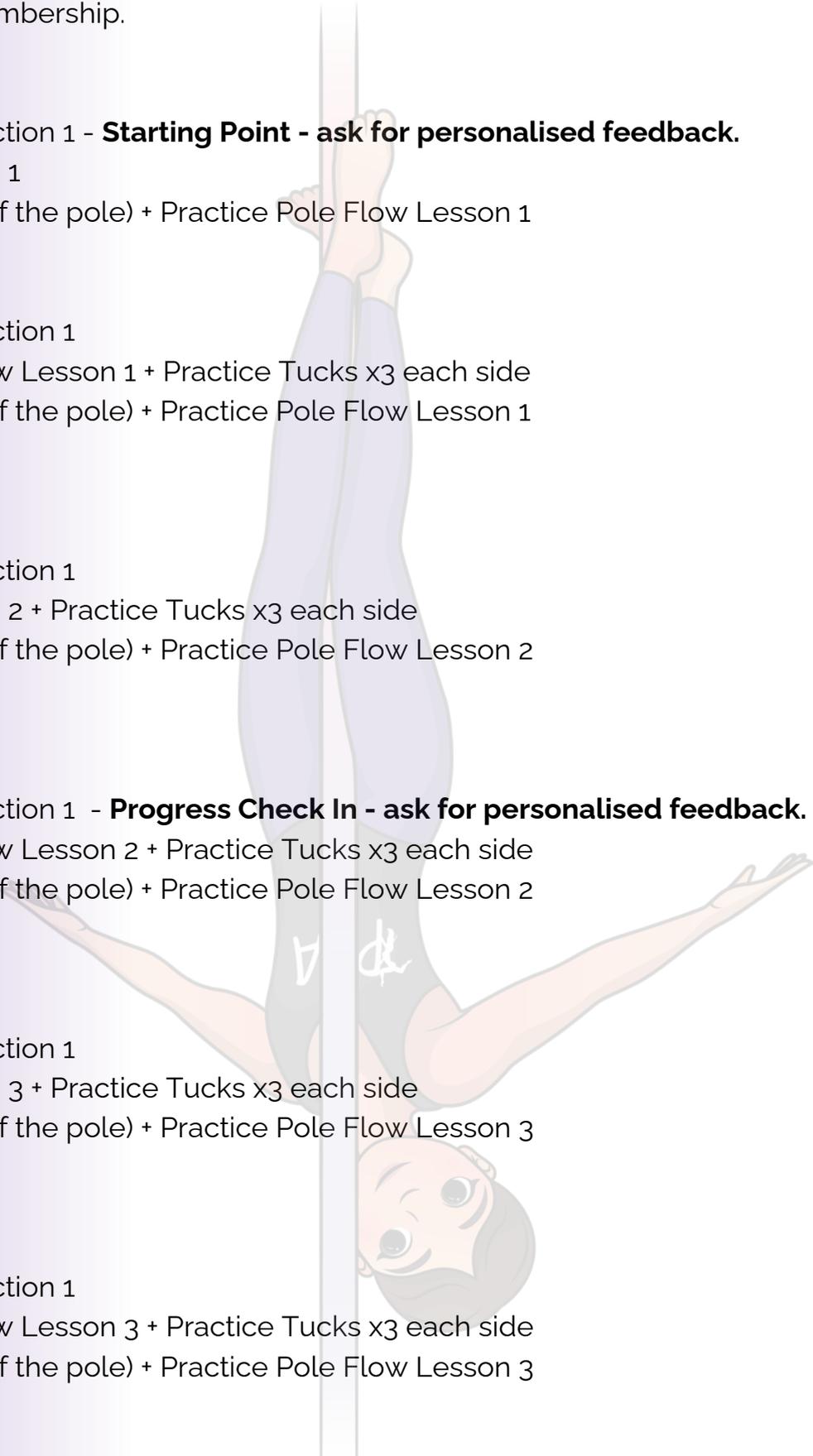
Session 3 - Invert Training (off the pole) + Practice Pole Flow Lesson 3

Week 6

Session 1 - Lesson 1 MTC Section 1

Session 2 - Practice Pole Flow Lesson 3 + Practice Tucks x3 each side

Session 3 - Invert Training (off the pole) + Practice Pole Flow Lesson 3



Week 7

Session 1 - Lesson 1 MTC Section 1

Session 2 - Pole Flow Lesson 4 + Practice Tucks x3 each side

Session 3 - Invert Training (off the pole) + Practice Pole Flow Lesson 4

Week 8

Session 1 - Lesson 1 MTC Section 1 - **Progress Check In - ask for personalised feedback.** Session 2 - Practice Pole Flow Lesson 4 + Practice Tucks x3 each side

Session 3 - Invert Training (off the pole) + Practice Pole Flow Lesson 4

Week 9

Session 1 - Lesson 1 MTC Section 2 - **Starting Point - ask for personalised feedback.**

Session 2 - Pole Flow Lesson 5 + Practice x1 Tuck Hold on each side until failure

Session 3 - Invert Training (off the pole - increase weights) + Practice Pole Flow Lesson 5

Week 10

Session 1 - Lesson 1 MTC Section 2

Session 2 - Practice Pole Flow Lesson 5 + x1 Tuck Hold on each side until failure

Session 3 - Invert Training (off the pole) + Practice Pole Flow Lesson 5

Week 11

Session 1 - Lesson 1 MTC Section 2

Session 2 - Pole Flow Lesson 6 + Practice x1 Tuck Hold on each side until failure

Session 3 - Invert Training (off the pole) + Practice Pole Flow Lesson 6

Week 12

Session 1 - Lesson 1 MTC Section 2 - **Progress Check In - ask for personalised feedback.**

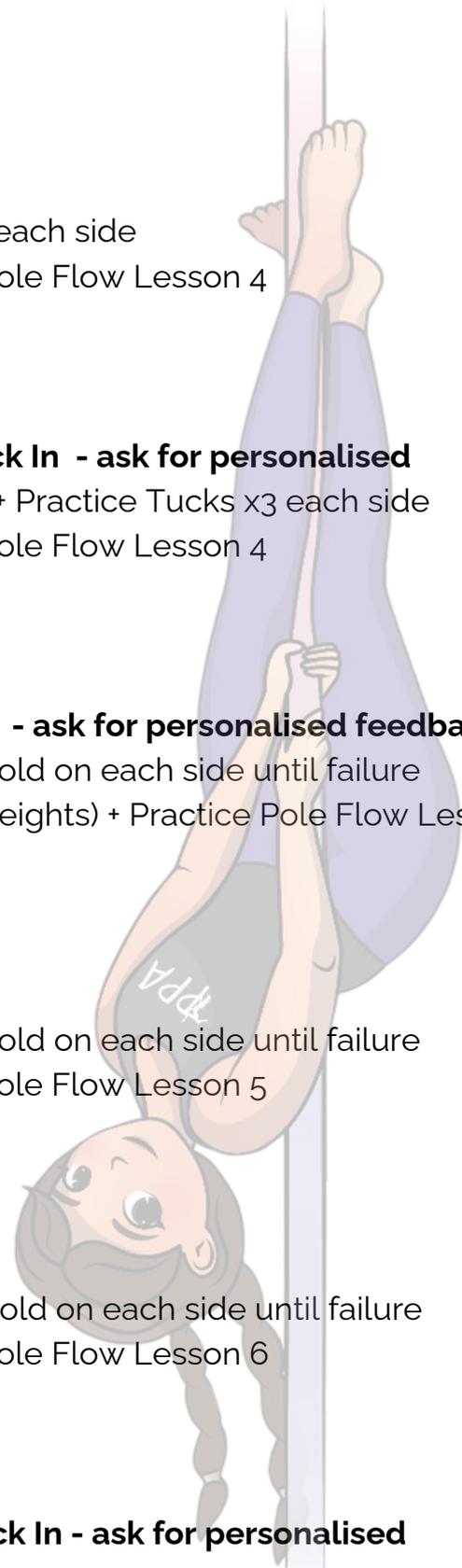
Session 2 - Practice Pole Flow Lesson 6 + x1 Tuck Hold on each side until failure

Session 3 - Invert Training (off the pole) + Practice Pole Flow Lesson 6

Feedback is essential for making progress. How will you know if your technique is right unless you get it checked?

We've seen it time and time again: members get frustrated by their lack of progress, only to find out they weren't using the personalised feedback available to them. As soon as they did, we could instantly see what was wrong. Once they implemented our suggestions, they made huge progress.

Even if you think you've got it right, ask for a review. You don't know what you don't know.



How the PPA Method Guarantees Progress

The PPA Method guarantees progress because it treats you as an individual. It respects your time, honours your physical limits, and celebrates your personal goals.

By trusting this structured framework, you take the pressure off yourself. You no longer have to worry about figuring it all out alone. You just have to follow the steps, put in the focused work, and watch your skills level up week after week.

PPA Method Overview

- **Set a realistic schedule:** Block out time in your calendar for your goals, just like you would for an important appointment.
- **Choose a main goal:** Break it down into smaller, more manageable mini-goals to make it less overwhelming.
- **Create a 12-week plan:** Focus your first plan on achieving your first mini-goal.
- **Check in on your progress:** Take a moment every four weeks to see how you're doing. Adapt when needed to ensure best results.
- **Get feedback:** Ask for personalised feedback at least once a month, even if it's just a quick review of your technique.

We hope you found this ebook helpful!

Would you like us to help you create your own 12 week plan created based on your goals and availability?

Join our [PPA Membership](#)

You'll be walked through our onboarding process to set you up for ultimate success - supporting and helping you with your progress step by step.

Have questions? Send us an email on the address below and we'll answer them as soon as possible.

Info@polepoweracademy.com





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Pole Plan

UPP Plan (OTP)

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Structure Pole Lessons
Foundation - Developmental - Creativity

Structured Pole Lessons

Pole Conditioning
Invert Chopper / Shoulder Mount / Ayesha / Iron X / Circuits

Pole Conditioning

Strong & Flexi
Off The Pole Training

Strong & Flexi (Off the Pole)

JOIN US AND POLE AT HOME TODAY



