



I recommend the X-Pole by Platinum Stages in California. They have a good variety and it's used worldwide by many dancers and studios. They are a bit

pricey but worth it. Though many studios sell X-Poles, Platinum Stages is the manufacturer. I love mine! Their poles are tension mounted as opposed to spring mounted; therefore there are no parts to wear out. Go to www.platinumstages.com for info.

There is also Markstarr which sells commercial products including dance poles. The prices are extremely reasonable starting at \$132.00 for a 9' pole. However, they are all permanent, cut-to-size, 2" O.D. poles, but do come in brass or stainless steel. Go to www.markstaar.com/

Now, if you know someone who is handy at building things you can build your own including a portable stage: go to www.instructables.com/ and search for 'dance pole'. This is a fabulous site! There are instructions on how to make almost everything here.

The important thing is to know what you want. There are permanent, removable, semi-removable, spinning, and novelty poles available. What is your ceiling height? Is it vaulted? What do you want to do on it and what can you afford? Is it just for dancing around it and/or poses; doing only basic spins; or, full out inversions and advanced moves.

Permanent poles are the cheapest. **Removable** poles can be taken down when not in use, so you can regain your living space and skip the explanation portion of your visit to your houseguests if you need to.

Lil'Minx sells **semi-removables**, standard 8-10ft ceiling height. These are the easiest poles to put up and take down (after initial installation and if you are installing on a carpeted floor), but the ceiling mount is permanent so you can't, like, take it over to your boyfriend's house for a spontaneous performance (unless you put a ceiling mount up at his place too). Cost is approx. \$229.00 for the lacquered finish minus The prices range from approx. \$129.00 (My Sexy Little Pole) to over \$400.00 (Lil' Minx Pro Pole which includes the semi-permanent mount and portable option) excluding shipping and accessories.

Novelty poles, also known as the Peek-a-boo pole, are basically curtain rods turned sideways, they are NOT designed for practicing your pole dance tricks, but rather for endearing your S.O. while you perform the happy-dance AROUND it.

You'll need to measure the height, and use a stud finder to locate a stud. If you're thinking, "stud finder?" . . . I've got to go out and find a **Stud** to help me?!? ... I'm sure you'll have no problem finding one; especially, if the word gets out that you're installing a dance pole. But what you need is a tool to find the joist/stud in your ceiling to set the pole under. You'll also need a level to make sure the pole is straight.

All tension held poles have a weight limit, around 200 lbs., and some advise against inversions, like Carmen Electra poles (after you've already bought it). Take your time and do your homework; call or email the manufacturers BEFORE you buy and ask detailed questions concerning what you want to do on the pole, often the disclaimers come after the pole is delivered in the accompanying brochures.

Happy Poling :)