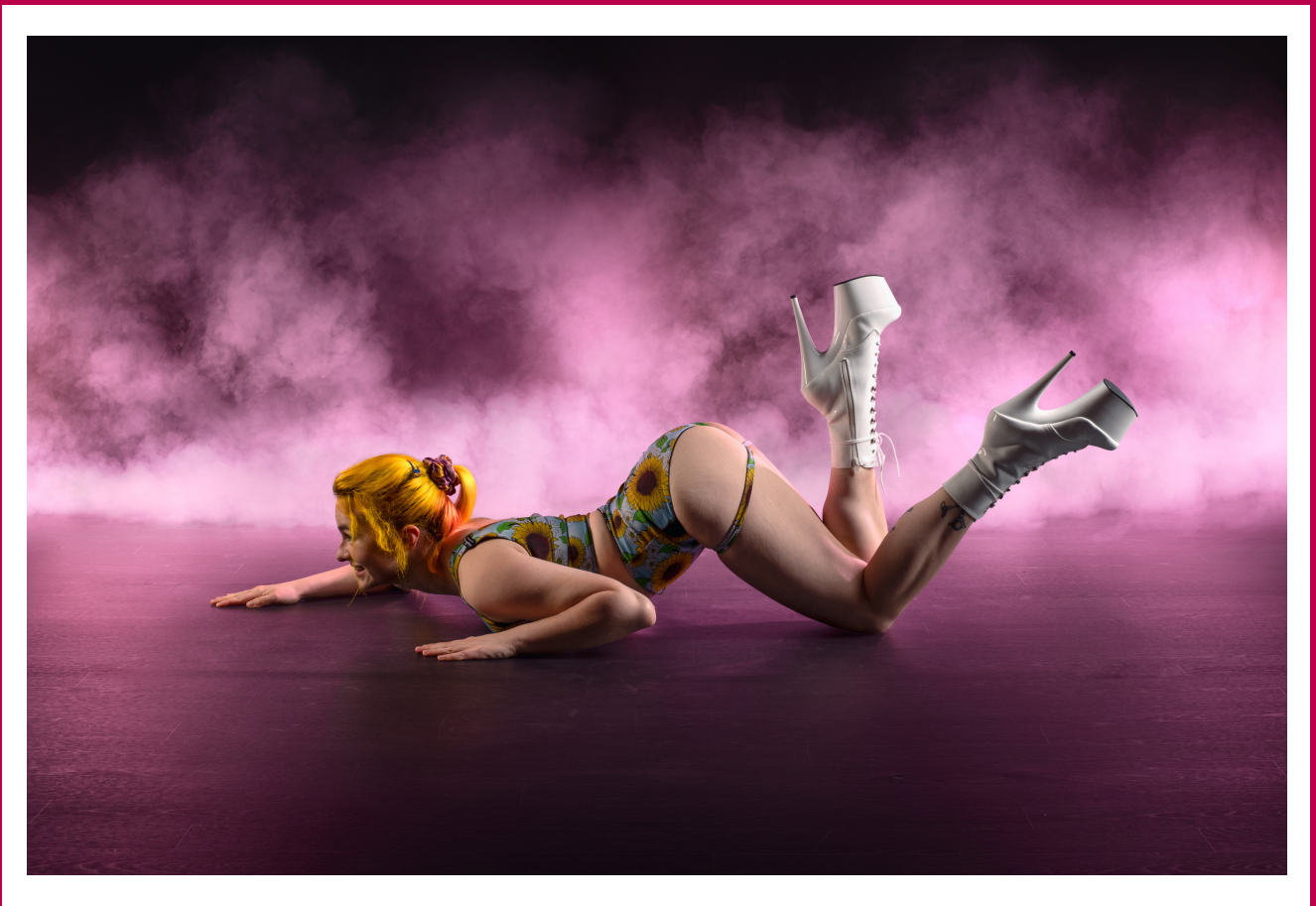


The Little Book of Pole Poses



By KEPhotos
2023 Poleboxx Edition

About this book

We know how easy it can be to get through your moves during a pole photoshoot. While we often give you a rough number of moves to prepare, sometimes you can whizz through them with time to spare!

The Little Book of Pole and Aerial Poses is a simple photo booklet designed to inspire you for your shoot. The poses you see are simple yet stunning, allowing you to make the most of your shoot and leave with more to choose from.

How to Plan your Upcoming Photoshoot

Before the Day: Planning your moves

If you have booked a 30-minute shoot, we advise planning 8-10 moves.

If you have booked a 15-minute mini shoot, 6-7 moves is best.

Whatever your apparatus, grouping your moves based on height allows you to get more moves for your time.

Extra Tips:

Have a list of photos ready to show the photographer.

Start with an easy move that will mentally warm you up for the rest of the shoot!

Rule of 3 - if a move proves to be tricky, give it three tries and move on.

Sharing time: Sometimes people pair up for an hour and take it in turns.

Lights, Camera, Action!

The general rule is to follow the light with your face, but the photographer will usually help guide you throughout.

Outfit tips: look out for the following!

Bobbles on wrists

Loose/long laces on boots

Twisted straps (sometimes this cannot be avoided but it's worth a quick check).

Undergarments poking out

Socks left on

Glasses (only if you didn't plan on wearing them)

Standing



Standing



Leaning



Leaning



Low Leans



Low Leans



Sits



Sits



Laying Low



Laying Low



Laying Low



Laying Low



Laying Low



Hair Flicks



Hair Flicks



On the Pole



On the Pole



On the Pole



On the Pole



Doubles



Doubles



