

THE ULTIMATE
WINNING
ROUTINE PLANNER



Elite Pole Coaching

The Guide to Becoming Your Most Confident Performer

WELCOME

START HERE.

To get the most out of your Winning Routine Formula, we've put together a short video series that walks you through the entire process — This is where the **real magic happens**.

In each video, Claire takes you step by step through the planner, sharing the same strategies she uses with her private coaching clients. You'll get bonus tips, behind-the-scenes insight, and the little tweaks that help routines stand out and score higher. It's everything that doesn't fit on the page — but makes all the difference when you perform.

If you want to feel confident filling this out — and know you're doing it right — don't skip the videos. They'll make the whole process smoother, clearer, and a whole lot more effective.

HOW TO ACCESS THE VIDEOS

To unlock the walkthrough series, just create your free account via the link below. Once you're in, you'll get instant access to the full training..

We recommend keeping this PDF open as you follow along so you can fill it out in real time.

WATCH THE TUTORIALS



*“We are
what we
repeatedly do.
Excellence, then,
is not an act,
but a **habit**.”*

ARISTOTLE



ABOUT US

At Elite Pole Coaching (EPC), we believe that confidence on stage doesn't require a background in dance or gymnastics — it requires a plan, and a coach who knows how to build one around you.

Founded by Claire Abbott, a pole dancer and personal trainer with over 15 years of experience and 9 years of coaching under her belt, EPC was created for the performers who didn't grow up performing. For the athletes who have the skills, but not the strategy. Claire saw too many talented competitors burning out, second-guessing themselves, or cramming routines full of tricks with no clear structure.

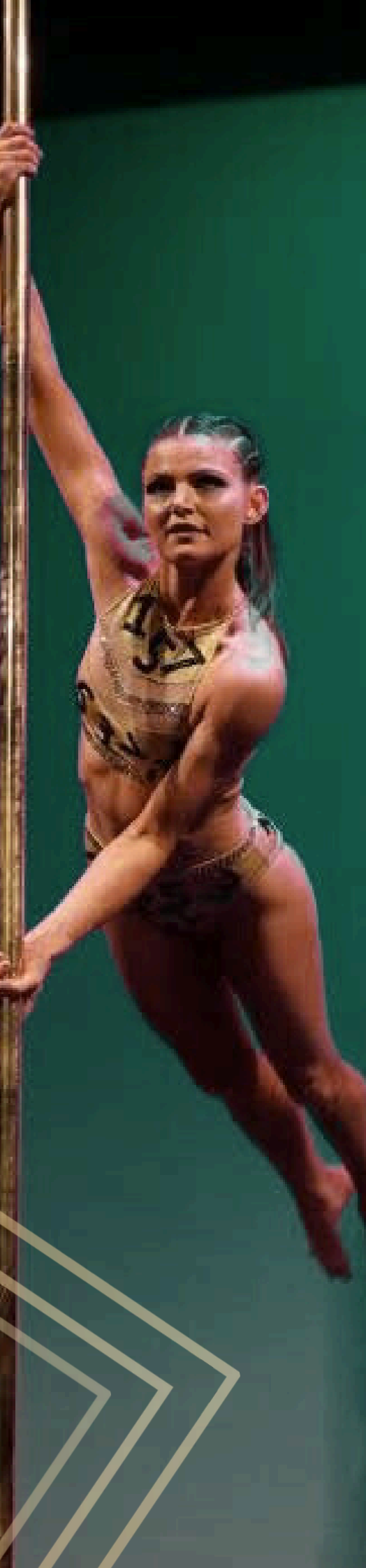
So she built a better way — one that's grounded in structure, strategy, and trainable confidence.

Whether you're stepping on stage for the first time or aiming to elevate your performance, EPC is here to guide you with expert coaching tailored to your journey — not your resume.

with love,



Claire
Elite Pole Coaching



5 STEP PROCESS

TO ROUTINE SUCCESS

1

Start Sooner Than You Think
The best routines aren't rushed — they're built with time. Starting early gives you space to explore, refine transitions, build endurance, and avoid burnout. Procrastination is the fast track to overwhelm — start now, not later.

2

Be Strategic With Theme, Music & Story
Choose a concept that resonates with you — and let it guide your movement. Your song, tricks, and transitions should all work together to tell one clear, compelling story.

3

Choose Quality Over Quantity
Don't overload your routine with every trick you know. Select moves you can execute cleanly and with control — consistency always outshines complexity.

4

Build a Balanced Routine
Incorporate a deliberate mix of strength-based elements, fluid transitions, floorwork, flexibility skills, dance sequences, and expressive character work. A balanced routine keeps your audience engaged and shows your versatility as a performer.

5

Train with a Plan
Every strong performance begins with structure. Your training weeks should include full runs, skill focus sessions, rest days, conditioning, and cross-training. A strategic plan keeps you progressing without overtraining.

THE *W*INNING ROUTINE PLANNER

Foundations

STORY | THEME

MUSIC

PROPS

COSTUME

THE *Winning* ROUTINE PLANNER

Choosing your moves

STRENGTH

FLEXIBILITY

DYNAMIC

FLOW

DANCE/ FLOOR WORK

MUSIC INTERPRETATION

THE *W*INNING ROUTINE PLANNER

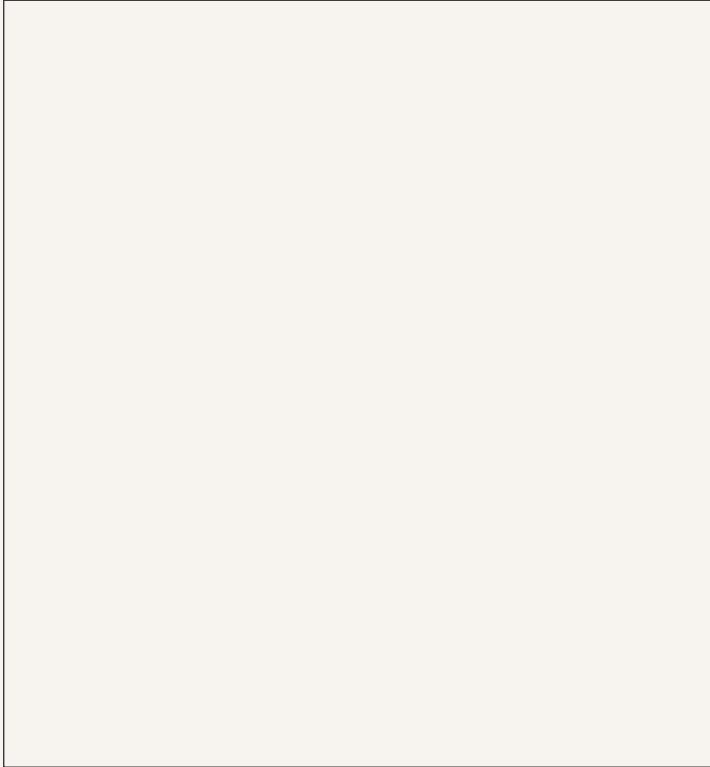
Choosing Your Combos

STATIC COMBO 1	STATIC COMBO 2
SPIN COMBO 1	SPIN COMBO 2

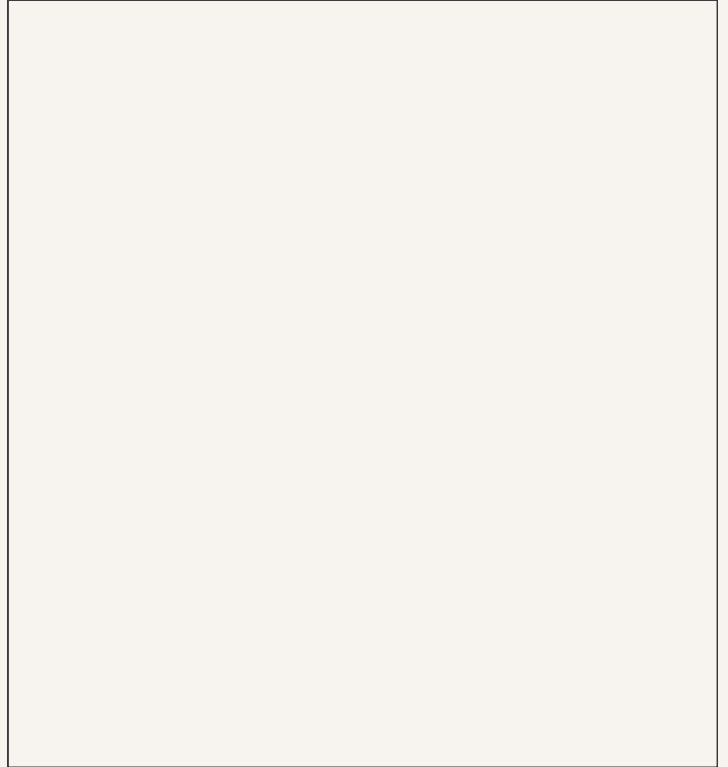
THE *W*INNING ROUTINE PLANNER

Finishing Touches

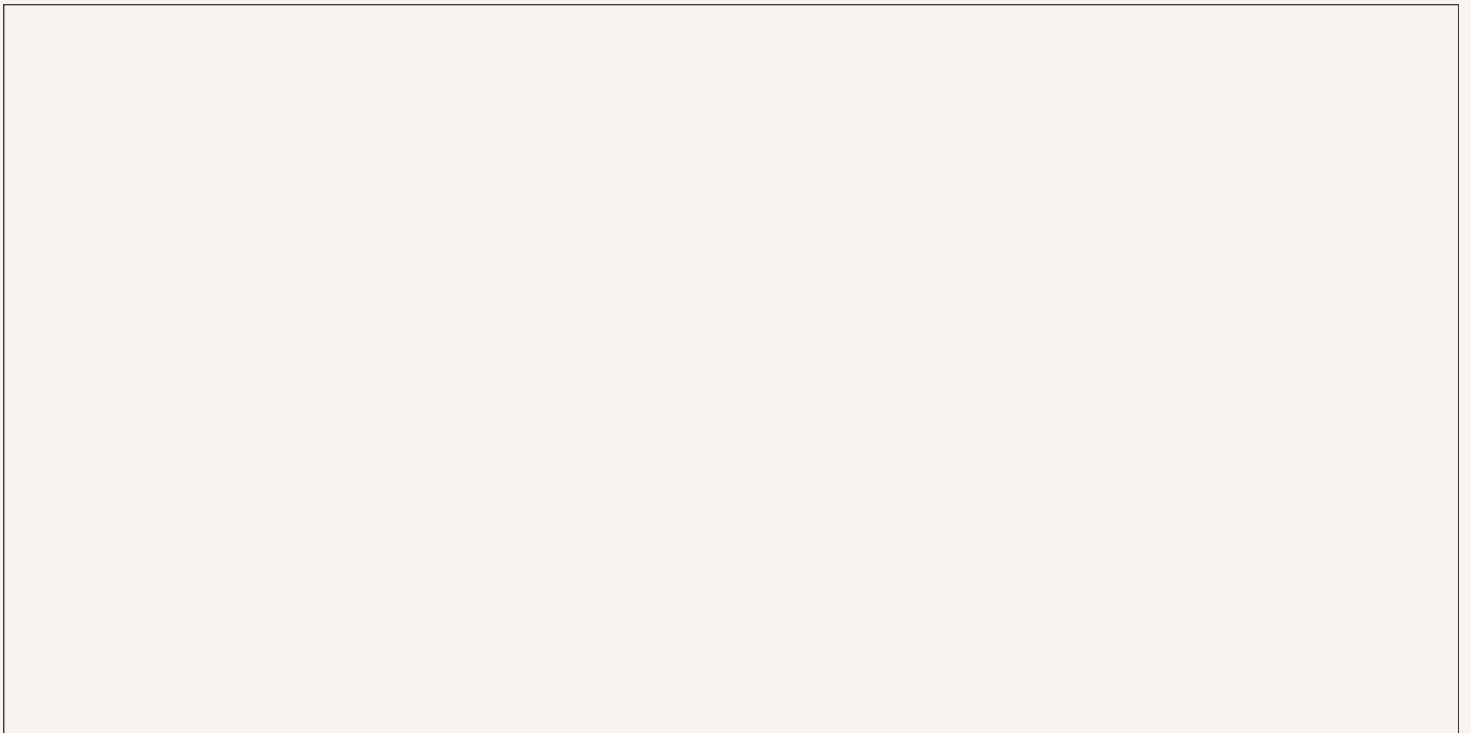
START POSE

A large, empty rectangular box with a thin black border, intended for drawing or writing the start pose of a routine.

END POSE

A large, empty rectangular box with a thin black border, intended for drawing or writing the end pose of a routine.

STAGE PRESENCE

A large, empty rectangular box with a thin black border, intended for drawing or writing about stage presence.

Ready to Build a Higher Scoring Routine?

YOU DON'T HAVE TO FIGURE IT OUT ALONE.

You've got the planner. Now learn the full process behind building a routine that scores high

Inside this 45-minute workshop, I walk you through my proven 10-step framework that I use with all my pole athletes to consistently build higher scoring routines, year on year.

You'll learn how to:

- ✓ Use my proven 10 step process to build high scoring routines
 - ✓ Align your routine with the judging criteria
 - ✓ Choose what earns a place in your routine
 - ✓ Create better flow from start to finish
 - ✓ Place big moments with more purpose
- ✓ Feel more confident in what you're putting on stage

Yes I Want The Workshop





LET'S CONNECT

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