

# The World's Best Pole Dancer

By **FITS** - September 1, 2016



## MEET ANASTASIA SOKOLOVA ...

|| By **WILL FOLKS** || Before I write a single word on this particular subject (too late!), I'd like the record to reflect that this topic was suggested to me by my wife.

*That's correct ... my wife sent me a pole dancing video and suggested I write about it.*

"It's great exercise and an art form if done right," she said.

*So ... what does doing it right look like?*

Here's a clip from the YouTube page of Ukrainian goddess **Anastasia Sokolova**, who is apparently "the world's best pole dancer" – or in the words of [her Facebook page](#), "the phoenix of the pole dance, on fire, fast and gracious."

Take a look ...

*(Click to play)*

*(Vid: Via)*

Wow ...

Pole dancing isn't just about eliciting the sort of Pavlovian, pre-pubescent sexual response I just provided, though. It's a legit workout – especially for the upper body.

It burns tons of calories, enhances flexibility, improves your cardiovascular health, strengthens bones and joints, builds muscle and yes ... boosts self-esteem, reduces stress and helps you sleep better.

It's also becoming a sport in its own right – with competitions governed by the U.S. Pole Dancing Federation (no [seriously](#)).

This group – which has been around since 2008 – credits itself with helping launch the careers of pole dance superstars **Michelle Stanek**, **Alethea Austin**, **Karol Helms**, **Sergia Louise Anderson**, **Natasha Wang** and **Jenyne Butterfly**, to name just a few.

And yes, I'm about to Google every single one of those names ... which led me to this glorious Instagram post from [the page](#) of Madame Butterfly.

Impressive ...

Want to learn the way of the pole? You can. There are pole dancing classes and studios literally all over the country – and they don't seem to be especially cost-prohibitive.

In fact we found one "[Intro to Pole](#)" class in Greenville, S.C. for just ten dollars.

Check your local listings now ...

*(Banner image via [YouTube](#))*

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