North shore pole fitness Level Map

Lawrence, MA

Pole Level Mapper

NEWBIE
9 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fireman Spin
- Front Hook
- Pirouette
- Pole Walk

LOW BEGINNER
15 moves

- Carousel Spin
- Cradle Spin
- Fan Kick
- Forearm Stand
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Lady Seat
- Rockstar Spin
- Secretary Seat
- Skater Spin
- Upright Crucifix

HIGH BEGINNER
19 moves

- Bee's Knees
- Boomerang Spin
- Climb
- Dove
- Dragonfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Jamilla
- Martini
- Outside Leg Hang
- Reverse Grab
- Side Climb
- Side Saddle
- Snowflake
- Straddle Invert
- Superman
- Violator

LOW INTERMEDIATE
21 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Butterfly
- Cross Ankle Layback
- Cross Knee Layback
- Embrace
- Extended Butterfly
- Flatline
- Gemini Climb
- Inverted D
- Jackknife
- Leg Switch
- Mercury
- Poisson
- Reiko Split
- Remi Seat
- Scissor Seat
- Stargazer

HIGH INTERMEDIATE
16 moves

- Allegra
- Ayesha
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Eros
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- Shoulder Mount
- Sneaky V

ADVANCED
43 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Broken Doll
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag
- Flying K
- Fonji

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	15 moves	19 moves	21 moves	16 moves	43 moves
			Torso Switch		Gargoyle
			Wrist Seat		Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback
					Russian Split
					Seahorse
					Spatchcock
					Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	15 moves	19 moves	21 moves	16 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini