Jen’s pole room Level Map

Boston, MA

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
13 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fireman Spin
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
12 moves

- Boomerang Spin
- Climb
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
36 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Cross Knee Layback
- Dove
- Dragonfly
- Embrace
- Eros
- Extended Butterfly
- Fan Kick
- Figurehead
- Flatline
- Forearm Stand
- Hip Hold

HIGH INTERMEDIATE
15 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Machine Gun
- Marion Amber
- Shoulder Mount
- Torso Switch

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
4 moves	13 moves	12 moves	36 moves	15 moves	43 moves
			 Inside Leg Hang		 Gargoyle
			 Inverted D		 Helix
			 Jackknife		 Icarus
			 Jamilla		 Iguana
			 Lady Seat		 Iron X
			 Mercury		 Jallegra
			 Outside Leg Hang		 Janeiro
			 Poisson		 Knee Bocker
			 Reiko Split		 Libellula
			 Remi Seat		 Marley
			 Scissor Seat		 Meathook
			 Side Saddle		 Phoenix
			 Sneaky V		 Rainbow Marchenko
			 Stargazer		 Rocketman
			 Superman		 Russian Layback
			 Upright Crucifix		 Russian Split
			 Wrist Seat		 Seahorse
					 Spatchcock
					 Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	13 moves	12 moves	36 moves	15 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini