Be Fitness Level Map

Cleveland, Ohio

Pole Level Mapper

NEWBIE
4 moves


Body Rolls


Dip Turn


Pirouette


Pole Walk

LOW BEGINNER
25 moves


Attitude Spin


Baby Snake


Back Hook


Chair Spin


Cradle Spin


Cross Knee Layback


Fan Kick


Fireman Spin

Forearm Stand


Front Hook


Genie


Goddess


Hollywood Spin


Jasmine


Juliet Spin


Knee Spin


Lady Seat


Rockstar Spin


Scissor Seat

HIGH BEGINNER
15 moves


Bee's Knees


Boomerang Spin


Carousel Spin


Climb


Dove


Inverted Crucifix


Jamilla


Martini


Reverse Grab


Side Climb


Side Saddle


Straddle Invert


Superman


Tulip


Violator

LOW INTERMEDIATE
24 moves


Aerial Straddle Invert


Air Walk

Brass Bridge

Brass Monkey

Butterfly

Cross Ankle Layback

Dragonfly

Embrace

Eros

Extended Butterfly

Figurehead

Flatline

Hip Hold

Inside Leg Hang

Inverted D

Jackknife

Marley

Mercury

Outside Leg Hang

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
40 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
4 moves

LOW BEGINNER
25 moves


Secretary Seat


Skater Spin


Snowflake


Stargazer


Upright Crucifix


Wrist Seat

HIGH BEGINNER
15 moves

LOW INTERMEDIATE
24 moves


Poisson


Reiko Split


Remi Seat


Seahorse


Sneaky V

HIGH INTERMEDIATE
15 moves

ADVANCED
40 moves


Gargoyle


Helix


Icarus


Iguana


Iron X


Jallegra


Janeiro


Knee Bocker


Libellula


Meathook


Phoenix


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Spatchcock


Starfish


Teddy


Upright Sailboat

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	25 moves	15 moves	24 moves	15 moves	40 moves



Vortex



Yogini