Body mind & chrome Level Map

Altoona PA

Pole Level Mapper

NEWBIE
5 moves

- Body Rolls
- Dip Turn
- Lady Seat
- Pirouette
- Pole Walk

LOW BEGINNER
20 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin

HIGH BEGINNER
18 moves

- Baby Snake
- Bee's Knees
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dove
- Inverted Crucifix
- Jamilla
- Martini
- Reverse Grab
- Side Climb
- Side Saddle
- Snowflake
- Stargazer
- Straddle Invert
- Superman
- Violator
- Wrist Seat

LOW INTERMEDIATE
25 moves

- Aerial Straddle Invert
- Air Walk
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Dragonfly
- Embrace
- Eros
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Icarus
- Inside Leg Hang
- Inverted D
- Jackknife
- Marley
- Mercury

HIGH INTERMEDIATE
21 moves

- Allegra
- Ayesha
- Ballerina
- Broken Doll
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Dangerous Bird
- Duchess
- Foot Mount
- Gargoyle
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Libellula
- Machine Gun
- Marion Amber
- Russian Layback

ADVANCED
34 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Chopsticks
- Cocoon
- Cupid
- Daredevil
- Deathlay
- Dragontail
- Eagle
- Flag
- Flying K
- Fonji
- Helix
- Iguana
- Iron X

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
5 moves	20 moves	18 moves	25 moves	21 moves	34 moves
	 Upright Crucifix		 Outside Leg Hang	 Shoulder Mount	 Jallegra
			 Poisson	 Torso Switch	 Janeiro
			 Reiko Split		 Knee Bocker
			 Remi Seat		 Meathook
			 Sneaky V		 Phoenix
			 Teddy		 Rainbow Marchenko
					 Rocketman
					 Russian Split
					 Seahorse
					 Spatchcock
					 Starfish
					 Tulip
					 Upright Sailboat
					 Vortex
					 Yogini