Melissa Pomeroy Level Map

Orland park, IL

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
21 moves


Baby Snake


Body Rolls


Carousel Spin


Cradle Spin


Cross Knee Layback


Dip Turn


Fan Kick

Forearm Stand


Hollywood Spin


Juliet Spin


Knee Spin


Lady Seat


Pirouette


Pole Walk


Rockstar Spin


Scissor Seat


Secretary Seat


Skater Spin


Stargazer

HIGH BEGINNER
17 moves


Attitude Spin


Back Hook


Boomerang Spin


Chair Spin


Climb


Fireman Spin


Front Hook


Genie


Goddess


Inverted Crucifix


Jasmine


Martini


Reverse Grab


Side Climb


Snowflake


Straddle Invert


Violator

LOW INTERMEDIATE
18 moves


Aerial Straddle Invert


Air Walk


Bee's Knees


Cross Ankle Layback

Dove

Dragonfly

Embrace

Figurehead

Flatline

Hip Hold

Inside Leg Hang

Jamilla

Mercury

Outside Leg Hang

Reiko Split

Remi Seat

Side Saddle

Superman

HIGH INTERMEDIATE
24 moves

Allegra

Ayesha

Ballerina

Brass Bridge

Brass Monkey

Butterfly

Caterpillar Climb

Cheeba Split

Chest Press Butterfly

Eros

Extended Butterfly

Foot Mount

Gemini Climb

Hang Glider

Inverted D

Jackknife

Jade

Leg Switch

Machine Gun

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
0 moves	21 moves	17 moves	18 moves	24 moves	43 moves
	 Upright Crucifix			 Marion Amber	 Gargoyle
	 Wrist Seat			 Poisson	 Helix
				 Shoulder Mount	 Icarus
				 Sneaky V	 Iguana
				 Torso Switch	 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
0 moves	21 moves	17 moves	18 moves	24 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini