Carol Ann Friday Level Map

Pawtucket, RI

Pole Level Mapper

NEWBIE
7 moves

- Body Rolls
- Dip Turn
- Genie
- Goddess
- Jasmine
- Pirouette
- Pole Walk

LOW BEGINNER
12 moves

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

HIGH BEGINNER
24 moves

- Attitude Spin
- Baby Snake
- Back Hook
- Boomerang Spin
- Chair Spin
- Climb
- Cross Knee Layback
- Dragonfly
- Figurehead
- Fireman Spin
- Front Hook
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Martini
- Outside Leg Hang
- Reverse Grab
- Scissor Seat
- Side Climb

LOW INTERMEDIATE
21 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Butterfly
- Cross Ankle Layback
- Dove
- Embrace
- Extended Butterfly
- Flatline
- Gemini Climb
- Inverted D
- Jackknife
- Jamilla
- Leg Switch
- Mercury
- Poisson
- Reiko Split
- Remi Seat
- Side Saddle

HIGH INTERMEDIATE
12 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Eros
- Foot Mount
- Hang Glider
- Jade
- Shoulder Mount
- Sneaky V

ADVANCED
47 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
7 moves	12 moves	24 moves	21 moves	12 moves	47 moves
		Snowflake	Superman		Flying K
		Stargazer	Torso Switch		Fonji
		Straddle Invert			Gargoyle
		Violator			Helix
		Wrist Seat			Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
7 moves	12 moves	24 moves	21 moves	12 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini