Fit & Flow Level Map

Kalamazoo, MI

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
16 moves

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

HIGH BEGINNER
13 moves

- Boomerang Spin
- Climb
- Fan Kick
- Forearm Stand
- Inverted Crucifix
- Lady Seat
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Upright Crucifix
- Violator

LOW INTERMEDIATE
18 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Cross Ankle Layback
- Cross Knee Layback
- Dragonfly
- Embrace
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat
- Scissor Seat
- Stargazer
- Wrist Seat

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
48 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bee's Knees
- Bird of Paradise
- Broken Doll
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dove
- Dragontail
- Duchess
- Eagle
- Flag

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	16 moves	13 moves	18 moves	24 moves	48 moves
				 Marion Amber	 Flying K
				 Poisson	 Fonji
				 Shoulder Mount	 Gargoyle
				 Sneaky V	 Helix
				 Torso Switch	 Icarus
					 Iguana
					 Iron X
					 Jallegra
					 Jamilla
					 Janeiro
					 Knee Bocker
					 Libellula
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	16 moves	13 moves	18 moves	24 moves	48 moves


Seahorse


Side Saddle


Spatchcock


Starfish


Superman


Teddy


Tulip


Upright Sailboat


Vortex


Yogini