Alexandra Level Map

Florida

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
8 moves

-  Carousel Spin
-  Cradle Spin
-  Hollywood Spin
-  Juliet Spin
-  Knee Spin
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin

HIGH BEGINNER
9 moves

-  Boomerang Spin
-  Climb
-  Inverted Crucifix
-  Martini
-  Reverse Grab
-  Side Climb
-  Snowflake
-  Straddle Invert
-  Violator

LOW INTERMEDIATE
16 moves

-  Aerial Straddle Invert
-  Air Walk
-  Attitude Spin
-  Back Hook
-  Chair Spin
-  Cross Ankle Layback
-  Embrace
-  Fireman Spin
-  Flatline
-  Front Hook
-  Genie
-  Goddess
-  Jasmine
-  Mercury
-  Reiko Split
-  Remi Seat

HIGH INTERMEDIATE
17 moves

-  Allegra
-  Ballerina
-  Bee's Knees
- Caterpillar Climb
- Chest Press Butterfly
- Dove
- Fan Kick
- Foot Mount
- Forearm Stand
- Hang Glider
- Jade
- Jamilla
- Lady Seat
- Shoulder Mount
- Side Saddle
- Superman
- Upright Crucifix

ADVANCED
69 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Baby Snake
- Batwing
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Butterfly
- Cheeba Split
- Chopsticks
- Cocoon
- Cross Knee Layback
- Cupid
- Dangerous Bird
- Daredevil

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	8 moves	9 moves	16 moves	17 moves	69 moves


Deathlay


Dragonfly


Dragontail


Duchess


Eagle


Eros


Extended Butterfly


Figurehead


Flag


Flying K


Fonji


Gargoyle


Gemini Climb


Helix


Hip Hold


Icarus


Iguana


Inside Leg Hang


Inverted D

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	8 moves	9 moves	16 moves	17 moves	69 moves


Iron X


Jackknife


Jallegra


Janeiro


Knee Bocker


Leg Switch


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Outside Leg Hang


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Scissor Seat

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	8 moves	9 moves	16 moves	17 moves	69 moves


Seahorse


Sneaky V


Spatchcock


Starfish


Stargazer


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Wrist Seat


Yogini