Arete Pole Fitness Level Map

Roanoke

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
11 moves

- Attitude Spin
- Back Hook
- Chair Spin
- Fan Kick
- Fireman Spin
- Front Hook
- Hollywood Spin
- Knee Spin
- Lady Seat
- Secretary Seat
- Skater Spin

HIGH BEGINNER
23 moves

- Baby Snake
- Boomerang Spin
- Carousel Spin
- Climb
- Cradle Spin
- Cross Knee Layback
- Figurehead
- Forearm Stand
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Juliet Spin
- Martini
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer

LOW INTERMEDIATE
19 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Cross Ankle Layback
- Dragonfly
- Embrace
- Flatline
- Hip Hold
- Inside Leg Hang
- Jamilla
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat
- Side Saddle
- Superman
- Teddy
- Tulip
- Upright Sailboat

HIGH INTERMEDIATE
17 moves

- Allegra
- Ballerina
- Broken Doll
- Caterpillar Climb
- Dove
- Duchess
- Foot Mount
- Gemini Climb
- Hang Glider
- Helix
- Jade
- Leg Switch
- Marley
- Rockstar Spin
- Seahorse
- Torso Switch
- Vortex

ADVANCED
49 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Butterfly
- Cheeba Split
- Chest Press Butterfly
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	11 moves	23 moves	19 moves	17 moves	49 moves
		Straddle Invert			Eagle
		Upright Crucifix			Eros
		Violator			Extended Butterfly
		Wrist Seat			Flag
					Flying K
					Fonji
					Gargoyle
					Icarus
					Iguana
					Inverted D
					Iron X
					Jackknife
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Meathook

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Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Shoulder Mount


Sneaky V


Spatchcock


Starfish


Yogini