Lauren Whitfield Level Map

Fresno, CA

Pole Level Mapper

NEWBIE
11 moves

- Body Rolls
- Dip Turn
- Fan Kick
- Forearm Stand
- Genie
- Goddess
- Jasmine
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
13 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fireman Spin
- Front Hook
- 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
13 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Cross Ankle Layback
- Dove
- Embrace
- Flatline
- Jamilla
- Mercury
- Reiko Split
- Remi Seat
- Side Saddle
- Superman

HIGH INTERMEDIATE
13 moves

- Allegra
- Baby Snake
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Cross Knee Layback
- Foot Mount
- Hang Glider
- Jade
- Scissor Seat
- Shoulder Mount
- Stargazer
- Wrist Seat

ADVANCED
64 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
11 moves	13 moves	9 moves	13 moves	13 moves	64 moves


Dragontail


Duchess


Eagle


Eros


Extended Butterfly


Figurehead


Flag


Flying K


Fonji


Gargoyle


Gemini Climb


Helix


Hip Hold


Icarus


Iguana


Inside Leg Hang


Inverted D


Iron X


Jackknife

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
11 moves	13 moves	9 moves	13 moves	13 moves	64 moves


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


Seahorse


Sneaky V


Spatchcock

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
11 moves	13 moves	9 moves	13 moves	13 moves	64 moves


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini