Shine Pole Studio Level Map

Radium Hot Springs, BC

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
17 moves


Attitude Spin


Back Hook


Body Rolls


Carousel Spin


Chair Spin


Cradle Spin


Dip Turn


Fireman Spin


Front Hook


Hollywood Spin


Juliet Spin


Knee Spin


Pirouette


Pole Walk


Rockstar Spin


Secretary Seat


Skater Spin

HIGH BEGINNER
15 moves


Baby Snake


Boomerang Spin


Climb


Fan Kick

Forearm Stand


Inverted Crucifix


Lady Seat


Martini


Reverse Grab


Scissor Seat


Snowflake


Stargazer


Upright Crucifix


Violator


Wrist Seat

LOW INTERMEDIATE
17 moves


Aerial Straddle Invert


Air Walk


Ballerina


Embrace


Figurehead


Flatline


Genie


Goddess

Hip Hold

Inside Leg Hang

Jasmine

Mercury

Outside Leg Hang

Reiko Split

Remi Seat

Side Climb

Straddle Invert

HIGH INTERMEDIATE
24 moves

Allegra

Bee's Knees

Brass Bridge

Brass Monkey

Butterfly

Caterpillar Climb

Cross Ankle Layback

Cross Knee Layback

Dove

Dragonfly

Eros

Extended Butterfly

Foot Mount

Gemini Climb

Hang Glider

Inverted D

Jade

Jamilla

Leg Switch

ADVANCED
50 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Ayesha

Batwing

Bird of Paradise

Broken Doll

Cheeba Split

Chest Press Butterfly

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dragontail

Duchess

Eagle

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	17 moves	15 moves	17 moves	24 moves	50 moves
				Poisson	Flag
				Shoulder Mount	Flying K
				Side Saddle	Fonji
				Superman	Gargoyle
				Torso Switch	Helix
					Icarus
					Iguana
					Iron X
					Jackknife
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	17 moves	15 moves	17 moves	24 moves	50 moves


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini