Amanda P Level Map

Astoria, NY

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
12 moves


Body Rolls


Carousel Spin


Cradle Spin


Dip Turn


Hollywood Spin


Juliet Spin


Knee Spin


Pirouette


Pole Walk


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


Attitude Spin


Back Hook


Chair Spin


Cross Ankle Layback


Embrace


Fireman Spin


Flatline


Front Hook


Mercury


Reiko Split


Remi Seat

HIGH INTERMEDIATE
12 moves


Allegra


Ballerina


Caterpillar Climb


Chest Press Butterfly


Fan Kick


Foot Mount

Forearm Stand

Hang Glider

Jade

Lady Seat

Shoulder Mount

Upright Crucifix

ADVANCED
77 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Ayesha

Baby Snake

Batwing

Bee's Knees

Bird of Paradise

Brass Bridge

Brass Monkey

Broken Doll

Butterfly

Cheeba Split

Chopsticks

Cocoon

Cross Knee Layback

Cupid

Dangerous Bird

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	9 moves	13 moves	12 moves	77 moves


Daredevil


Deathlay


Dove


Dragonfly


Dragontail


Duchess


Eagle


Eros


Extended Butterfly


Figurehead


Flag


Flying K


Fonji


Gargoyle


Gemini Climb


Genie


Goddess


Helix


Hip Hold

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	9 moves	13 moves	12 moves	77 moves


Icarus


Iguana


Inside Leg Hang


Inverted D


Iron X


Jackknife


Jallegra


Jamilla


Janeiro


Jasmine


Knee Bocker


Leg Switch


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Outside Leg Hang


Phoenix

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	9 moves	13 moves	12 moves	77 moves


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Scissor Seat


Seahorse


Side Saddle


Sneaky V


Spatchcock


Starfish


Stargazer


Superman


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Wrist Seat

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	9 moves	13 moves	12 moves	77 moves



Yogini