Alexa Riccio Level Map

orton, MA

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
17 moves

-  Attitude Spin
-  Back Hook
-  Carousel Spin
-  Chair Spin
-  Cradle Spin
-  Fan Kick
-  Fireman Spin
- Forearm Stand
-  Front Hook
-  Hollywood Spin
-  Juliet Spin
-  Knee Spin
-  Lady Seat
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin
-  Upright Crucifix

HIGH BEGINNER
12 moves

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

LOW INTERMEDIATE
8 moves

-  Aerial Straddle Invert
-  Air Walk
-  Cross Ankle Layback
-  Embrace
-  Flatline
-  Mercury
-  Reiko Split
- Remi Seat

HIGH INTERMEDIATE
18 moves

- Allegra
- Ballerina
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Dragonfly
- Extended Butterfly
- Figurehead
- Foot Mount
- Hang Glider
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jade
- Outside Leg Hang
- Poisson
- Shoulder Mount

ADVANCED
64 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
- Cheeba Split
- Chopsticks
- Cocoon
- Cross Knee Layback
- Cupid
- Dangerous Bird
- Daredevil

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	12 moves	8 moves	18 moves	64 moves


Deathlay


Dove


Dragontail


Duchess


Eagle


Eros


Flag


Flying K


Fonji


Gargoyle


Gemini Climb


Helix


Icarus


Iguana


Iron X


Jallegra


Jamilla


Janeiro


Knee Bocker

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	12 moves	8 moves	18 moves	64 moves


Leg Switch


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Phoenix


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Scissor Seat


Seahorse


Side Saddle


Sneaky V


Spatchcock


Starfish


Stargazer


Superman

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	12 moves	8 moves	18 moves	64 moves


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Wrist Seat


Yogini