Love Aerial Arts and Fitness Level Map

Millis, MA

Pole Level Mapper

NEWBIE
4 moves


Body Rolls


Dip Turn


Pirouette


Pole Walk

LOW BEGINNER
16 moves


Attitude Spin


Back Hook


Carousel Spin


Chair Spin


Cradle Spin


Fireman Spin


Front Hook


Genie


Goddess


Hollywood Spin


Jasmine


Juliet Spin


Knee Spin


Rockstar Spin


Secretary Seat


Skater Spin

HIGH BEGINNER
33 moves


Baby Snake


Bee's Knees


Boomerang Spin


Butterfly


Climb


Cross Knee Layback


Dove


Dragonfly


Extended Butterfly


Fan Kick


Figurehead

Forearm Stand


Hip Hold


Inside Leg Hang


Inverted Crucifix


Inverted D


Jackknife


Jamilla

Lady Seat

LOW INTERMEDIATE
15 moves


Aerial Straddle Invert

Air Walk

Ayesha

Cheeba Split

Cross Ankle Layback

Embrace

Flatline

Gemini Climb

Leg Switch

Machine Gun

Marion Amber

Mercury

Reiko Split

Remi Seat

Torso Switch

HIGH INTERMEDIATE
12 moves

Allegra

Ballerina

Brass Bridge

Brass Monkey

Caterpillar Climb

Chest Press Butterfly

Eros

Foot Mount

Hang Glider

Jade

Shoulder Mount

Sneaky V

ADVANCED
43 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Batwing

Bird of Paradise

Broken Doll

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dragontail

Duchess

Eagle

Flag

Flying K

Fonji

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	16 moves	33 moves	15 moves	12 moves	43 moves
		Martini			Gargoyle
		Outside Leg Hang			Helix
		Poisson			Icarus
		Reverse Grab			Iguana
		Scissor Seat			Iron X
		Side Climb			Jallegra
		Side Saddle			Janeiro
		Snowflake			Knee Bocker
		Stargazer			Libellula
		Straddle Invert			Marley
		Superman			Meathook
		Upright Crucifix			Phoenix
		Violator			Rainbow Marchenko
		Wrist Seat			Rocketman
					Russian Layback
					Russian Split
					Seahorse
					Spatchcock
					Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	16 moves	33 moves	15 moves	12 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini