Pole Empress Level Map

Philadelphia, PA

Pole Level Mapper

NEWBIE
9 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fireman Spin
- Front Hook
- Pirouette
- Pole Walk

LOW BEGINNER
20 moves

- Baby Snake
- Carousel Spin
- Cradle Spin
- Cross Knee Layback
- Fan Kick
- Forearm Stand
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Lady Seat
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin
- Stargazer
- Upright Crucifix

HIGH BEGINNER
14 moves

- Bee's Knees
- Boomerang Spin
- Climb
- Dove
- Inverted Crucifix
- Jamilla
- Martini
- Reverse Grab
- Side Climb
- Side Saddle
- Snowflake
- Straddle Invert
- Superman
- Violator

LOW INTERMEDIATE
22 moves

- Aerial Straddle Invert
- Air Walk
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Dragonfly
- Embrace
- Eros
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Mercury
- Outside Leg Hang
- Poisson

HIGH INTERMEDIATE
11 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Shoulder Mount
- Torso Switch

ADVANCED
47 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	20 moves	14 moves	22 moves	11 moves	47 moves
	 Wrist Seat		 Reiko Split		 Flying K
			 Remi Seat		 Fonji
			 Sneaky V		 Gargoyle
					 Helix
					 Icarus
					 Iguana
					 Iron X
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Libellula
					 Machine Gun
					 Marion Amber
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
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Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini