Multiple Level Map

Glasgow

Pole Level Mapper

NEWBIE
13 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
11 moves

- Carousel Spin
- Cradle Spin
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
19 moves

- Baby Snake
- Bee's Knees
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dove
- Inverted Crucifix
- Jamilla
- Martini
- Reverse Grab
- Scissor Seat
- Side Climb
- Side Saddle
- Snowflake
- Stargazer
- Straddle Invert
- Superman
- Violator
- Wrist Seat

LOW INTERMEDIATE
18 moves

- Aerial Straddle Invert
- Air Walk
- Butterfly
- Cross Ankle Layback
- Dragonfly
- Embrace
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Mercury
- Outside Leg Hang
- Poisson
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
15 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Eros
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Shoulder Mount
- Sneaky V
- 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
13 moves	11 moves	19 moves	18 moves	15 moves	47 moves


Flying K


Fonji


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
13 moves	11 moves	19 moves	18 moves	15 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini