E Level Map

Co

Pole Level Mapper

NEWBIE
16 moves

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

LOW BEGINNER
25 moves

- Baby Snake
- Ballerina
- Bee's Knees
- Carousel Spin
- Cradle Spin
- Cross Knee Layback
- Dove
- Dragonfly
- Figurehead
- Hip Hold
- Hollywood Spin
- Inside Leg Hang
- Jamilla
- Juliet Spin
- Knee Spin
- Martini
- Outside Leg Hang
- Rockstar Spin
- Scissor Seat

HIGH BEGINNER
21 moves

- Boomerang Spin
- Brass Bridge
- Brass Monkey
- Butterfly
- Climb
- Cross Ankle Layback
- Eros
- Extended Butterfly
- Gemini Climb
- Inverted Crucifix
- Inverted D
- Jackknife
- Leg Switch
- Poisson
- Reverse Grab
- Side Climb
- Sneaky V
- Snowflake
- Straddle Invert

LOW INTERMEDIATE
7 moves

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

HIGH INTERMEDIATE
11 moves

- Allegra
- Ayesha
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- Shoulder Mount

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
16 moves

LOW BEGINNER
25 moves


Secretary Seat


Side Saddle


Skater Spin


Stargazer


Superman


Wrist Seat

HIGH BEGINNER
21 moves


Torso Switch


Violator

LOW INTERMEDIATE
7 moves

HIGH INTERMEDIATE
11 moves

ADVANCED
43 moves


Gargoyle


Helix


Icarus


Iguana


Iron X


Jallegra


Janeiro


Knee Bocker


Libellula


Marley


Meathook


Phoenix


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
16 moves	25 moves	21 moves	7 moves	11 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini