# Aerial Angels Pole Fitness Level Map

Fresno, CA

Pole Level Mapper

## NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

## LOW BEGINNER
20 moves

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

## HIGH BEGINNER
14 moves

- Baby Snake
- Boomerang Spin
- Climb
- Cross Knee Layback
- Inverted Crucifix
- Martini
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer
- Straddle Invert
- Violator
- Wrist Seat

## LOW INTERMEDIATE
16 moves

- Air Walk
- Bee's Knees
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Figurehead
- Hip Hold
- Inside Leg Hang
- Jamilla
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat
- Side Saddle
- Superman

## HIGH INTERMEDIATE
21 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Eros
- Extended Butterfly
- Flatline
- Foot Mount
- Gemini Climb
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Leg Switch
- Poisson
- Shoulder Mount

## ADVANCED
48 moves

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

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
|---|---|---|---|---|---|
| 4 moves | 20 moves | 14 moves | 16 moves | 21 moves | 48 moves |
| |  Upright Crucifix | | |  Sneaky V |  Flag |
| | | | |  Torso Switch |  Flying K |
| | | | | |  Fonji |
| | | | | |  Gargoyle |
| | | | | |  Helix |
| | | | | |  Icarus |
| | | | | |  Iguana |
| | | | | |  Iron X |
| | | | | |  Jallegra |
| | | | | |  Janeiro |
| | | | | |  Knee Bocker |
| | | | | |  Libellula |
| | | | | |  Machine Gun |
| | | | | |  Marion Amber |
| | | | | |  Marley |
| | | | | |  Meathook |
| | | | | |  Phoenix |
| | | | | |  Rainbow Marchenko |
| | | | | |  Rocketman |

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Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini