Soma Pole studio Level Map

South Bend, IN

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
16 moves

- Baby Snake
- Carousel Spin
- Cradle Spin
- Cross Knee Layback
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin
- Stargazer
- Wrist Seat

HIGH BEGINNER
25 moves

- Aerial Straddle Invert
- Air Walk
- Boomerang Spin
- Butterfly
- Climb
- Cupid
- Dragonfly
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Jade
- Leg Switch
- Marley
- Martini
- Outside Leg Hang
- Remi Seat

LOW INTERMEDIATE
26 moves

- Ballerina
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Cross Ankle Layback
- Dangerous Bird
- Dove
- Embrace
- Eros
- Gargoyle
- Gemini Climb
- Helix
- Inverted D
- Jackknife
- Jamilla
- Mercury
- Poisson
- Reiko Split
- Reverse Grab

HIGH INTERMEDIATE
12 moves

- Aerial Shoulder Mount
- Allegra
- Ayesha
- Broken Doll
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Iguana
- Machine Gun
- Russian Layback

ADVANCED
31 moves

- A-Frame
- Advanced Plank
- Archer
- Batwing
- Bird of Paradise
- Chopsticks
- Cocoon
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag
- Flying K
- Fonji
- Icarus
- Iron X
- Jallegra
- Janeiro

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
13 moves	16 moves	25 moves	26 moves	12 moves	31 moves
		 Side Climb	 Seahorse		 Knee Bocker
		 Snowflake	 Shoulder Mount		 Libellula
		 Straddle Invert	 Side Saddle		 Marion Amber
		 Teddy	 Sneaky V		 Meathook
		 Tulip	 Superman		 Phoenix
		 Violator	 Torso Switch		 Rainbow Marchenko
			 Upright Sailboat		 Rocketman
					 Russian Split
					 Spatchcock
					 Starfish
					 Vortex
					 Yogini