Jenni Parnigoni Level Map

Berlin, Berlin

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
28 moves

- Bee's Knees
- Boomerang Spin
- Brass Bridge
- Brass Monkey
- Butterfly
- Climb
- Dove
- Dragonfly
- Eros
- Extended Butterfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Inverted D
- Jackknife
- Jamilla
- Martini
- Outside Leg Hang

LOW INTERMEDIATE
11 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Embrace
- Flatline
- Gemini Climb
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Torso Switch

HIGH INTERMEDIATE
12 moves

- Allegra
- Ayesha
- Ballerina
- 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	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	20 moves	28 moves	11 moves	12 moves	43 moves
	 Wrist Seat	 Poisson			 Gargoyle
		 Reverse Grab			 Helix
		 Side Climb			 Icarus
		 Side Saddle			 Iguana
		 Sneaky V			 Iron X
		 Snowflake			 Jallegra
		 Straddle Invert			 Janeiro
		 Superman			 Knee Bocker
		 Violator			 Libellula
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Seahorse
					 Spatchcock
					 Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	20 moves	28 moves	11 moves	12 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini