Laine Level Map

Lynchburg, Virginia

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
13 moves

-  Attitude Spin
-  Back Hook
-  Carousel Spin
-  Chair Spin
-  Cradle Spin
-  Fireman Spin
-  Front Hook
-  Hollywood Spin
-  Juliet Spin
-  Knee Spin
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin

HIGH BEGINNER
9 moves

-  Boomerang Spin
-  Climb
-  Inverted Crucifix
-  Martini
-  Reverse Grab
-  Side Climb
-  Snowflake
-  Straddle Invert
-  Violator

LOW INTERMEDIATE
25 moves

-  Aerial Straddle Invert
-  Air Walk
-  Baby Snake
-  Bee's Knees
-  Cross Ankle Layback
-  Cross Knee Layback
-  Dove
-  Embrace
-  Fan Kick
-  Flatline
- Forearm Stand
-  Genie
-  Goddess
-  Jamilla
- Jasmine
- Lady Seat
- Mercury
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
17 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Dragonfly
- Figurehead
- Foot Mount
- Hang Glider
- Hip Hold
- Inside Leg Hang
- Jade
- Machine Gun
- Marion Amber
- Outside Leg Hang
- Shoulder Mount

ADVANCED
55 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Butterfly
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	13 moves	9 moves	25 moves	17 moves	55 moves
			Scissor Seat		Eros
			Side Saddle		Extended Butterfly
			Stargazer		Flag
			Superman		Flying K
			Upright Crucifix		Fonji
			Wrist Seat		Gargoyle
					Gemini Climb
					Helix
					Icarus
					Iguana
					Inverted D
					Iron X
					Jackknife
					Jallegra
					Janeiro
					Knee Bocker
					Leg Switch
					Libellula
					Marley

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	13 moves	9 moves	25 moves	17 moves	55 moves


Meathook


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini