Bada Bling Fitness Level Map

Colts Neck, NJ

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
16 moves

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

HIGH BEGINNER
18 moves

- Baby Snake
- Boomerang Spin
- Climb
- Cross Knee Layback
- Fan Kick
- Forearm Stand
- Inverted Crucifix
- Lady Seat
- Martini
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer
- Straddle Invert
- Upright Crucifix
- Violator
- Wrist Seat

LOW INTERMEDIATE
27 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Eros
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jamilla

HIGH INTERMEDIATE
15 moves

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

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
4 moves	16 moves	18 moves	27 moves	15 moves	43 moves
			 Mercury		 Gargoyle
			 Outside Leg Hang		 Helix
			 Poisson		 Icarus
			 Reiko Split		 Iguana
			 Remi Seat		 Iron X
			 Side Saddle		 Jallegra
			 Sneaky V		 Janeiro
			 Superman		 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
4 moves	16 moves	18 moves	27 moves	15 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini