Giuliana Level Map

New York, NY

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
11 moves

- Carousel Spin
- Cradle Spin
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
23 moves

- Attitude Spin
- Baby Snake
- Back Hook
- Boomerang Spin
- Chair Spin
- Climb
- Cross Knee Layback
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Inverted Crucifix
- Lady Seat
- Martini
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer

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	11 moves	23 moves	27 moves	15 moves	43 moves
		 Straddle Invert	 Mercury		 Gargoyle
		 Upright Crucifix	 Outside Leg Hang		 Helix
		 Violator	 Poisson		 Icarus
		 Wrist Seat	 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	11 moves	23 moves	27 moves	15 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini