Sreela Level Map

Montréal, Canada

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
25 moves

- Bee's Knees
- Carousel Spin
- Cradle Spin
- Dove
- Dragonfly
- Fan Kick
- Figurehead
- Forearm Stand
- Genie
- Goddess
- Hip Hold
- Hollywood Spin
- Inside Leg Hang
- Jamilla
- Jasmine
- Juliet Spin
- Knee Spin
- Lady Seat
- Outside Leg Hang

HIGH BEGINNER
26 moves

- Baby Snake
- Boomerang Spin
- Brass Bridge
- Brass Monkey
- Butterfly
- Climb
- Cross Knee Layback
- Eros
- Extended Butterfly
- Gemini Climb
- Inverted Crucifix
- Inverted D
- Jackknife
- Leg Switch
- Martini
- Poisson
- Reverse Grab
- Scissor Seat
- Side Climb

LOW INTERMEDIATE
12 moves

- Aerial Straddle Invert
- Air Walk
- Ayesha
- Cheeba Split
- Cross Ankle Layback
- Embrace
- Flatline
- Machine Gun
- Marion Amber
- Mercury
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
8 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- 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	25 moves	26 moves	12 moves	8 moves	43 moves
	 Rockstar Spin	 Sneaky V			 Gargoyle
	 Secretary Seat	 Snowflake			 Helix
	 Side Saddle	 Stargazer			 Icarus
	 Skater Spin	 Straddle Invert			 Iguana
	 Superman	 Torso Switch			 Iron X
	 Upright Crucifix	 Violator			 Jallegra
		 Wrist Seat			 Janeiro
					 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
9 moves	25 moves	26 moves	12 moves	8 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini