N/A Level Map

Bellevue, NE

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
17 moves

-  Attitude Spin
-  Back Hook
-  Carousel Spin
-  Chair Spin
-  Cradle Spin
-  Fan Kick
-  Fireman Spin
- Forearm Stand
-  Front Hook
-  Hollywood Spin
-  Juliet Spin
-  Knee Spin
-  Lady Seat
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin
-  Upright Crucifix

HIGH BEGINNER
14 moves

-  Baby Snake
-  Boomerang Spin
-  Climb
-  Cross Knee Layback
-  Inverted Crucifix
-  Martini
-  Reverse Grab
-  Scissor Seat
-  Side Climb
-  Snowflake
-  Stargazer
-  Straddle Invert
-  Violator
-  Wrist Seat

LOW INTERMEDIATE
30 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
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Inverted D

HIGH INTERMEDIATE
11 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Shoulder Mount
- Torso Switch

ADVANCED
47 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	14 moves	30 moves	11 moves	47 moves
			 Jackknife		 Flying K
			 Jamilla		 Fonji
			 Jasmine		 Gargoyle
			 Mercury		 Helix
			 Outside Leg Hang		 Icarus
			 Poisson		 Iguana
			 Reiko Split		 Iron X
			 Remi Seat		 Jallegra
			 Side Saddle		 Janeiro
			 Sneaky V		 Knee Bocker
			 Superman		 Libellula
					 Machine Gun
					 Marion Amber
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	14 moves	30 moves	11 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini