Mandy Lang Level Map

Auburndale

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
12 moves

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

LOW INTERMEDIATE
18 moves

-  Aerial Straddle Invert
-  Air Walk
-  Baby Snake
-  Butterfly
-  Cross Ankle Layback
-  Cross Knee Layback
-  Embrace
- Extended Butterfly
- Flatline
- Inverted D
- Jackknife
- Mercury
- Poisson
- Reiko Split
- Remi Seat
- Scissor Seat
- Stargazer
- Wrist Seat

HIGH INTERMEDIATE
21 moves

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

ADVANCED
51 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bee's Knees
- Bird of Paradise
- Broken Doll
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dove
- Dragontail
- Duchess
- Eagle
- Flag

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	12 moves	18 moves	21 moves	51 moves
				 Shoulder Mount	 Flying K
				 Sneaky V	 Fonji
					 Gargoyle
					 Gemini Climb
					 Helix
					 Icarus
					 Iguana
					 Iron X
					 Jallegra
					 Jamilla
					 Janeiro
					 Knee Bocker
					 Leg Switch
					 Libellula
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	12 moves	18 moves	21 moves	51 moves


Russian Layback


Russian Split


Seahorse


Side Saddle


Spatchcock


Starfish


Superman


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini