Nicole Weit Level Map

Longmont, Co

Pole Level Mapper

NEWBIE
4 moves


Body Rolls


Dip Turn


Pirouette


Pole Walk

LOW BEGINNER
12 moves


Carousel Spin


Cradle Spin


Fan Kick

Forearm Stand


Hollywood Spin


Juliet Spin


Knee Spin


Lady Seat


Rockstar Spin


Secretary Seat


Skater Spin


Upright Crucifix

HIGH BEGINNER
14 moves


Attitude Spin


Back Hook


Boomerang Spin


Chair Spin


Climb


Fireman Spin


Front Hook


Inverted Crucifix


Martini


Reverse Grab


Side Climb


Snowflake


Straddle Invert


Violator

LOW INTERMEDIATE
16 moves


Aerial Straddle Invert


Air Walk


Baby Snake


Cross Ankle Layback


Cross Knee Layback


Embrace


Flatline


Genie


Goddess


Jasmine

Mercury

Reiko Split

Remi Seat

Scissor Seat

Stargazer

Wrist Seat

HIGH INTERMEDIATE
27 moves

Allegra

Ballerina

Bee's Knees

Brass Bridge

Brass Monkey

Butterfly

Caterpillar Climb

Chest Press Butterfly

Dove

Dragonfly

Eros

Extended Butterfly

Figurehead

Foot Mount

Hang Glider

Hip Hold

Inside Leg Hang

Inverted D

Jackknife

ADVANCED
50 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	12 moves	14 moves	16 moves	27 moves	50 moves
				 Jade	 Flying K
				 Jamilla	 Fonji
				 Outside Leg Hang	 Gargoyle
				 Poisson	 Gemini Climb
				 Shoulder Mount	 Helix
				 Side Saddle	 Icarus
				 Sneaky V	 Iguana
				 Superman	 Iron X
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Leg Switch
					 Libellula
					 Machine Gun
					 Marion Amber
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	12 moves	14 moves	16 moves	27 moves	50 moves


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini