Melissa Rios Level Map

Danbury, CT

Pole Level Mapper

NEWBIE
4 moves


Ayesha


Cheeba Split


Machine Gun


Marion Amber

LOW BEGINNER
18 moves


Bee's Knees


Butterfly


Carousel Spin


Cradle Spin


Dove


Extended Butterfly


Hollywood Spin


Inverted D


Jackknife


Jamilla


Juliet Spin


Knee Spin


Poisson


Rockstar Spin


Secretary Seat


Side Saddle


Skater Spin


Superman

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
21 moves

Aerial Straddle Invert

Air Walk

Body Rolls

Brass Bridge

Brass Monkey

Cross Ankle Layback

Dip Turn

Dragonfly

Embrace

Eros

Figurehead

Flatline

Hip Hold

Inside Leg Hang

Mercury

Outside Leg Hang

Pirouette

Pole Walk

Reiko Split

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
46 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	18 moves	23 moves	21 moves	11 moves	46 moves
		 Straddle Invert	 Remi Seat		 Gargoyle
		 Upright Crucifix	 Sneaky V		 Genie
		 Violator			 Goddess
		 Wrist Seat			 Helix
					 Icarus
					 Iguana
					 Iron X
					 Jallegra
					 Janeiro
					 Jasmine
					 Knee Bocker
					 Libellula
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	18 moves	23 moves	21 moves	11 moves	46 moves


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini