Abby W Level Map

Bloomington, IL

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
11 moves

-  Carousel Spin
-  Cradle Spin
-  Genie
-  Goddess
-  Hollywood Spin
-  Jasmine
-  Juliet Spin
-  Knee Spin
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin

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
26 moves

-  Aerial Straddle Invert
-  Air Walk
-  Baby Snake
-  Bee's Knees
-  Brass Bridge
-  Brass Monkey
-  Cross Ankle Layback
-  Cross Knee Layback
-  Dove
-  Embrace
-  Eros
- Fan Kick
- Flatline
- Forearm Stand
- Jamilla
- Lady Seat
- Mercury
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
18 moves

- Allegra
- Ballerina
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Dragonfly
- Extended Butterfly
- Figurehead
- Foot Mount
- Hang Glider
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jade
- Outside Leg Hang
- Poisson
- Shoulder Mount

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	11 moves	14 moves	26 moves	18 moves	50 moves
			Scissor Seat		Flying K
			Side Saddle		Fonji
			Sneaky V		Gargoyle
			Stargazer		Gemini Climb
			Superman		Helix
			Upright Crucifix		Icarus
			Wrist Seat		Iguana
					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	11 moves	14 moves	26 moves	18 moves	50 moves


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini