Shore Pole Fitness Level Map

Red Bank, NJ

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
18 moves

- Attitude Spin
- Baby Snake
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Cross Knee Layback
- Fireman Spin
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin
- Stargazer
- Wrist Seat

HIGH BEGINNER
16 moves

- Boomerang Spin
- Climb
- Fan Kick
- Forearm Stand
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Lady Seat
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Upright Crucifix
- Violator

LOW INTERMEDIATE
23 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Butterfly
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jamilla
- Mercury
- Outside Leg Hang
- Poisson

HIGH INTERMEDIATE
15 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Eros
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Shoulder Mount
- Sneaky V
- 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	18 moves	16 moves	23 moves	15 moves	47 moves
			Reiko Split		Flying K
			Remi Seat		Fonji
			Side Saddle		Gargoyle
			Superman		Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					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	18 moves	16 moves	23 moves	15 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini