Lauren Hoffman Level Map

Fort Worth, TX

Pole Level Mapper

NEWBIE
4 moves


Body Rolls


Dip Turn


Pirouette


Pole Walk

LOW BEGINNER
8 moves


Carousel Spin


Cradle Spin


Hollywood Spin


Juliet Spin


Knee Spin


Rockstar Spin


Secretary Seat


Skater Spin

HIGH BEGINNER
18 moves


Attitude Spin


Back Hook


Boomerang Spin


Chair Spin


Climb


Fan Kick


Fireman Spin

Forearm Stand


Front Hook


Inverted Crucifix


Lady Seat


Martini


Reverse Grab


Side Climb


Snowflake


Straddle Invert


Upright Crucifix


Violator

LOW INTERMEDIATE
11 moves


Aerial Straddle Invert


Air Walk


Cross Ankle Layback


Embrace


Flatline


Genie


Goddess


Jasmine


Mercury


Reiko Split

Remi Seat

HIGH INTERMEDIATE
8 moves

Allegra

Ballerina

Caterpillar Climb

Chest Press Butterfly

Foot Mount

Hang Glider

Jade

Shoulder Mount

ADVANCED
74 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Ayesha

Baby Snake

Batwing

Bee's Knees

Bird of Paradise

Brass Bridge

Brass Monkey

Broken Doll

Butterfly

Cheeba Split

Chopsticks

Cocoon

Cross Knee Layback

Cupid

Dangerous Bird

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	8 moves	18 moves	11 moves	8 moves	74 moves


Daredevil


Deathlay


Dove


Dragonfly


Dragontail


Duchess


Eagle


Eros


Extended Butterfly


Figurehead


Flag


Flying K


Fonji


Gargoyle


Gemini Climb


Helix


Hip Hold


Icarus


Iguana

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	8 moves	18 moves	11 moves	8 moves	74 moves


Inside Leg Hang


Inverted D


Iron X


Jackknife


Jallegra


Jamilla


Janeiro


Knee Bocker


Leg Switch


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Outside Leg Hang


Phoenix


Poisson


Rainbow Marchenko


Rocketman

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	8 moves	18 moves	11 moves	8 moves	74 moves


Russian Layback


Russian Split


Scissor Seat


Seahorse


Side Saddle


Sneaky V


Spatchcock


Starfish


Stargazer


Superman


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Wrist Seat


Yogini