Vertical Vixens Pole Fitness LLC Level Map

Clarksburg, WV

Pole Level Mapper

NEWBIE
5 moves

- Body Rolls
- Dip Turn
- Fireman Spin
- Pirouette
- Pole Walk

LOW BEGINNER
17 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fan Kick
- Forearm Stand
- Front Hook
- Genie
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Lady Seat
- Secretary Seat
- Skater Spin
- Upright Crucifix

HIGH BEGINNER
15 moves

- Baby Snake
- Boomerang Spin
- Climb
- Goddess/Marley
- Inverted Crucifix
- Martini
- Reiko Split
- Reverse Grab
- Rockstar Spin
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer
- Violator
- Wrist Seat

LOW INTERMEDIATE
26 moves

- Aerial Straddle Invert
- Air Walk
- Butterfly
- Chopsticks
- Cross Ankle Layback
- Cross Knee Layback
- Cupid
- Dragonfly
- Duchess
- Embrace
- Extended Butterfly
- Figurehead
- Flatline
- Helix
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jamilla

HIGH INTERMEDIATE
21 moves

- Allegra
- Archer
- Ballerina
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Dove
- Eros
- Foot Mount
- Gargoyle
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Poisson
- Side Saddle
- Superman

ADVANCED
39 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Ayesha
- Batwing
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Cocoon
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Eagle
- Flag
- Flying K
- Fonji
- Icarus
- Iguana

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
5 moves	17 moves	15 moves	26 moves	21 moves	39 moves
			 Marley	 Torso Switch	 Iron X
			 Mercury	 Upright Sailboat	 Jallegra
			 Outside Leg Hang		 Janeiro
			 Remi Seat		 Knee Bocker
			 Straddle Invert		 Libellula
			 Teddy		 Machine Gun
			 Tulip		 Marion Amber
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Seahorse
					 Shoulder Mount
					 Sneaky V
					 Spatchcock
					 Starfish
					 Vortex

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
5 moves	17 moves	15 moves	26 moves	21 moves	39 moves



Yogini