Phoenix Fitness and Dance Level Map

Manassas, VS

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
18 moves

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

HIGH BEGINNER
21 moves

- Boomerang Spin
- Butterfly
- Dragonfly
- Extended Butterfly
- Figurehead
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Inverted D
- Jackknife
- Jasmine
- Martini
- Outside Leg Hang
- Poisson
- Reverse Grab
- Side Climb
- Snowflake

LOW INTERMEDIATE
29 moves

- Aerial Straddle Invert
- Air Walk
- Ayesha
- Baby Snake
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Cheeba Split
- Cross Ankle Layback
- Cross Knee Layback
- Dove
- Embrace
- Eros
- Flatline
- Gemini Climb
- Jamilla
- Leg Switch
- Machine Gun
- Marion Amber

HIGH INTERMEDIATE
8 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Shoulder Mount

ADVANCED
43 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	21 moves	29 moves	8 moves	43 moves
		 Straddle Invert	 Mercury		 Gargoyle
		 Violator	 Reiko Split		 Helix
			 Remi Seat		 Icarus
			 Scissor Seat		 Iguana
			 Side Saddle		 Iron X
			 Sneaky V		 Jallegra
			 Stargazer		 Janeiro
			 Superman		 Knee Bocker
			 Torso Switch		 Libellula
			 Wrist Seat		 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Seahorse
					 Spatchcock
					 Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	18 moves	21 moves	29 moves	8 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini