N/a Level Map

Minneapolis

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
20 moves

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

HIGH BEGINNER
19 moves

-  Baby Snake
-  Bee's Knees
-  Boomerang Spin
-  Climb
-  Cross Knee Layback
-  Dove
-  Inverted Crucifix
-  Jamilla
-  Martini
-  Reverse Grab
-  Scissor Seat
-  Side Climb
-  Side Saddle
-  Snowflake
-  Stargazer
-  Straddle Invert
-  Superman
- Violator
- Wrist Seat

LOW INTERMEDIATE
22 moves

- Aerial Straddle Invert
- Air Walk
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Dragonfly
- Embrace
- Eros
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Mercury
- Outside Leg Hang
- Poisson

HIGH INTERMEDIATE
15 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Machine Gun
- Marion Amber
- Shoulder Mount
- Torso Switch

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	20 moves	19 moves	22 moves	15 moves	43 moves
	 Upright Crucifix		 Reiko Split		 Gargoyle
			 Remi Seat		 Helix
			 Sneaky V		 Icarus
					 Iguana
					 Iron X
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Libellula
					 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	20 moves	19 moves	22 moves	15 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini