Jenny's Pole Studio Level Map

Norwich, UK

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
19 moves

-  Attitude Spin
-  Back Hook
-  Boomerang Spin
-  Chair Spin
-  Climb
-  Fan Kick
-  Fireman Spin
- Forearm Stand
-  Front Hook
-  Genie
-  Goddess
-  Jasmine
-  Lady Seat
-  Martini
-  Reverse Grab
-  Side Climb
-  Snowflake
-  Upright Crucifix
-  Violator

LOW INTERMEDIATE
18 moves

-  Air Walk
-  Baby Snake
-  Bee's Knees
-  Cross Ankle Layback
-  Cross Knee Layback
-  Dove
-  Embrace
-  Flatline
-  Inverted Crucifix
- Jamilla
- Mercury
- Reiko Split
- Remi Seat
- Scissor Seat
- Side Saddle
- Stargazer
- Superman
- Wrist Seat

HIGH INTERMEDIATE
24 moves

- Aerial Straddle Invert
- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Dragonfly
- Eros
- Extended Butterfly
- Figurehead
- Foot Mount
- Hang Glider
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jade

ADVANCED
50 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	8 moves	19 moves	18 moves	24 moves	50 moves
				 Outside Leg Hang	 Flying K
				 Poisson	 Fonji
				 Shoulder Mount	 Gargoyle
				 Sneaky V	 Gemini Climb
				 Straddle Invert	 Helix
					 Icarus
					 Iguana
					 Iron X
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Leg Switch
					 Libellula
					 Machine Gun
					 Marion Amber
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	8 moves	19 moves	18 moves	24 moves	50 moves


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini