Vertica Fitness Chandler Level Map

Chandler, az

Pole Level Mapper

NEWBIE
8 moves


Ayesha


Brass Bridge


Brass Monkey


Cheeba Split


Eros


Machine Gun


Marion Amber


Sneaky V

LOW BEGINNER
8 moves


Carousel Spin


Cradle Spin


Hollywood Spin


Juliet Spin


Knee Spin


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
8 moves


Aerial Straddle Invert


Air Walk


Cross Ankle Layback


Embrace


Flatline

Mercury

Reiko Split

Remi Seat

HIGH INTERMEDIATE
16 moves

Allegra

Ballerina

Butterfly

Caterpillar Climb

Chest Press Butterfly

Extended Butterfly

Foot Mount

Genie

Goddess

Hang Glider

Inverted D

Jackknife

Jade

Jasmine

Poisson

Shoulder Mount

ADVANCED
64 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Attitude Spin

Back Hook

Batwing

Bird of Paradise

Body Rolls

Broken Doll

Chair Spin

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dip Turn

Dragonfly

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
8 moves	8 moves	19 moves	8 moves	16 moves	64 moves


Dragontail


Duchess


Eagle


Fan Kick


Figurehead


Fireman Spin


Flag


Flying K


Fonji

Forearm Stand


Front Hook


Gargoyle


Gemini Climb


Helix


Hip Hold


Icarus


Iguana


Inside Leg Hang


Iron X

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
8 moves	8 moves	19 moves	8 moves	16 moves	64 moves


Jallegra


Janeiro


Knee Bocker


Lady Seat


Leg Switch


Libellula


Marley


Meathook


Outside Leg Hang


Phoenix


Pirouette


Pole Walk


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
8 moves	8 moves	19 moves	8 moves	16 moves	64 moves


Teddy


Torso Switch


Tulip


Upright Crucifix


Upright Sailboat


Vortex


Yogini