La chrome barre québec Level Map

QuÉbec

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
12 moves

-  Body Rolls
-  Carousel Spin
-  Cradle Spin
-  Dip Turn
-  Hollywood Spin
-  Juliet Spin
-  Knee Spin
-  Pirouette
-  Pole Walk
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin

HIGH BEGINNER
26 moves

-  Attitude Spin
-  Baby Snake
-  Back Hook
-  Boomerang Spin
-  Chair Spin
-  Climb
-  Cross Knee Layback
-  Fan Kick
-  Fireman Spin
- Forearm Stand
-  Front Hook
-  Genie
-  Goddess
-  Inverted Crucifix
-  Jasmine
-  Lady Seat
-  Martini
-  Reverse Grab
-  Scissor Seat

LOW INTERMEDIATE
18 moves

-  Aerial Straddle Invert
-  Air Walk
-  Butterfly
-  Cross Ankle Layback
-  Dragonfly
-  Embrace
-  Extended Butterfly
-  Figurehead
-  Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Mercury
- Outside Leg Hang
- Poisson
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
24 moves

- Allegra
- Ayesha
- Ballerina
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Dove
- Eros
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Jamilla
- Leg Switch
- Machine Gun
- Marion Amber

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
0 moves	12 moves	26 moves	18 moves	24 moves	43 moves
		 Side Climb		 Shoulder Mount	 Gargoyle
		 Snowflake		 Side Saddle	 Helix
		 Stargazer		 Sneaky V	 Icarus
		 Straddle Invert		 Superman	 Iguana
		 Upright Crucifix		 Torso Switch	 Iron X
		 Violator			 Jallegra
		 Wrist Seat			 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
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Teddy



Tulip



Upright Sailboat



Vortex



Yogini