Pole inspiration Level Map

Netherlands

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
21 moves


Attitude Spin


Back Hook


Boomerang Spin


Chair Spin


Climb


Fan Kick


Fireman Spin

Forearm Stand


Front Hook


Genie


Goddess


Inverted Crucifix


Jasmine


Lady Seat


Martini


Reverse Grab


Side Climb


Snowflake


Straddle Invert

LOW INTERMEDIATE
28 moves


Aerial Straddle Invert


Air Walk


Baby Snake


Bee's Knees


Butterfly


Cross Ankle Layback


Cross Knee Layback


Dove


Dragonfly

Embrace

Extended Butterfly

Figurehead

Flatline

Hip Hold

Inside Leg Hang

Inverted D

Jackknife

Jamilla

Mercury

HIGH INTERMEDIATE
19 moves

Allegra

Ayesha

Ballerina

Brass Bridge

Brass Monkey

Caterpillar Climb

Cheeba Split

Chest Press Butterfly

Eros

Foot Mount

Gemini Climb

Hang Glider

Jade

Leg Switch

Machine Gun

Marion Amber

Shoulder Mount

Sneaky V

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	8 moves	21 moves	28 moves	19 moves	43 moves
		Upright Crucifix	Outside Leg Hang		Gargoyle
		Violator	Poisson		Helix
			Reiko Split		Icarus
			Remi Seat		Iguana
			Scissor Seat		Iron X
			Side Saddle		Jallegra
			Stargazer		Janeiro
			Superman		Knee Bocker
			Wrist Seat		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	8 moves	21 moves	28 moves	19 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini