Adriana Level Map

Austin

Pole Level Mapper

NEWBIE
7 moves

- Body Rolls
- Dip Turn
- Genie
- Goddess
- Jasmine
- Pirouette
- Pole Walk

LOW BEGINNER
13 moves

- Carousel Spin
- Cradle Spin
- Dragonfly
- Figurehead
- Hip Hold
- Hollywood Spin
- Inside Leg Hang
- Juliet Spin
- Knee Spin
- Outside Leg Hang
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
21 moves

- Ayesha
- Bee's Knees
- Boomerang Spin
- Cheeba Split
- Climb
- Dove
- Gemini Climb
- Inverted Crucifix
- Jamilla
- Leg Switch
- Machine Gun
- Marion Amber
- Martini
- Reverse Grab
- Side Climb
- Side Saddle
- Snowflake
- Straddle Invert
- Superman

LOW INTERMEDIATE
17 moves

- Aerial Straddle Invert
- Air Walk
- Attitude Spin
- Back Hook
- Brass Bridge
- Brass Monkey
- Chair Spin
- Cross Ankle Layback
- Embrace
- Eros
- Fireman Spin
- Flatline
- Front Hook
- Mercury
- Reiko Split
- Remi Seat
- Sneaky V

HIGH INTERMEDIATE
13 moves

- Allegra
- Ballerina
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Extended Butterfly
- Foot Mount
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Poisson
- Shoulder Mount

ADVANCED
52 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Baby Snake
- Batwing
- Bird of Paradise
- Broken Doll
- Chopsticks
- Cocoon
- Cross Knee Layback
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Fan Kick

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
7 moves	13 moves	21 moves	17 moves	13 moves	52 moves
		Torso Switch			Flag
		Violator			Flying K
					Fonji
					Forearm Stand
					Gargoyle
					Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Lady Seat
					Libellula
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
7 moves	13 moves	21 moves	17 moves	13 moves	52 moves


Russian Layback


Russian Split


Scissor Seat


Seahorse


Spatchcock


Starfish


Stargazer


Teddy


Tulip


Upright Crucifix


Upright Sailboat


Vortex


Wrist Seat


Yogini