Saks Pole Fitness Level Map

Cincinnati, Ohio

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
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
18 moves

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

HIGH INTERMEDIATE
22 moves

- 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
- Outside Leg Hang

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
0 moves	12 moves	21 moves	18 moves	22 moves	50 moves
		Upright Crucifix		Poisson	Flying K
		Violator		Shoulder Mount	Fonji
				Sneaky V	Gargoyle
					Gemini Climb
					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
0 moves	12 moves	21 moves	18 moves	22 moves	50 moves


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini