Activated Body Level Map

Oak Hill, Wv

Pole Level Mapper

NEWBIE
8 moves

- Body Rolls
- Dip Turn
- Fan Kick
- Knee Spin
- Pirouette
- Pole Sit
- Pole Walk
- Upright Crucifix

LOW BEGINNER
14 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Climb
- Cradle Spin
- Fireman Spin
- Forearm Stand
- Front Hook
- Hollywood Spin
- Jasmine
- Juliet Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
16 moves

- Baby Snake
- Boomerang Spin
- Cross Knee Layback
- Figurehead
- Genie
- Goddess
- Inverted Crucifix
- Martini
- Reverse Grab
- Rockstar Spin
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer
- Straddle Invert
- Wrist Seat

LOW INTERMEDIATE
12 moves

- Air Walk
- Cross Ankle Layback
- Dragonfly
- Embrace
- Flatline
- Inside Leg Hang
- Outside Leg Hang
- Reiko Split
- Remi Seat
- Tulip
- Upright Sailboat
- Violator (tail split)

HIGH INTERMEDIATE
35 moves

- Advanced Plank
- Aerial Straddle Invert
- Allegra
- Archer
- Ballerina
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Cupid
- Dove
- Eros
- Extended Butterfly
- Foot Mount
- Gargoyle
- Gemini Climb
- Hang Glider

ADVANCED
38 moves

- A-Frame
- Aerial Shoulder Mount
- Ayesha
- Batwing
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag
- Flying K
- Fonji
- Helix

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
8 moves	14 moves	16 moves	12 moves	35 moves	38 moves
				 Hip Hold	 Icarus
				 Inverted D	 Iguana
				 Jackknife	 Iron X
				 Jade	 Jallegra
				 Jamilla	 Janeiro
				 Leg Switch	 Knee Bocker
				 Mercury	 Libellula
				 Poisson	 Machine Gun
				 Seahorse	 Marion Amber
				 Shoulder Mount	 Marley
				 Side Saddle	 Meathook
				 Sneaky V	 Phoenix
				 Superman	 Rainbow Marchenko
				 Teddy	 Rocketman
				 Torso Switch	 Russian Layback
				 Vortex	 Russian Split
					 Spatchcock
					 Starfish
					 Yogini