Gina Level Map

Worcester, MA

Pole Level Mapper

NEWBIE
5 moves

- Back Hook
- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
12 moves

- Carousel Spin
- Climb
- Cradle Spin
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
16 moves

- Attitude Spin
- Boomerang Spin
- Chair Spin
- Dragonfly
- Fan Kick
- Figurehead
- Fireman Spin
- Front Hook
- Inverted Crucifix
- Lady Seat
- Martini
- Outside Leg Hang
- Reverse Grab
- Side Climb
- Snowflake
- Upright Crucifix

LOW INTERMEDIATE
29 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Cross Ankle Layback
- Cross Knee Layback
- Dove
- Embrace
- Eros
- Flatline
- Forearm Stand
- Gemini Climb
- Hip Hold
- Jamilla
- Leg Switch
- Mercury
- Reiko Split

HIGH INTERMEDIATE
14 moves

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

ADVANCED
47 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
5 moves	12 moves	16 moves	29 moves	14 moves	47 moves
			Remi Seat		Flying K
			Scissor Seat		Fonji
			Side Saddle		Gargoyle
			Sneaky V		Helix
			Stargazer		Icarus
			Straddle Invert		Iguana
			Superman		Iron X
			Torso Switch		Jallegra
			Violator		Janeiro
			Wrist Seat		Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
5 moves	12 moves	16 moves	29 moves	14 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini