es o Level Map

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Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
16 moves

-  Baby Snake
-  Carousel Spin
-  Cradle Spin
-  Cross Knee Layback
-  Genie
-  Goddess
-  Hollywood Spin
-  Jasmine
-  Juliet Spin
-  Knee Spin
-  Rockstar Spin
-  Scissor Seat
-  Secretary Seat
-  Skater Spin
-  Stargazer
-  Wrist Seat

HIGH BEGINNER
23 moves

-  Attitude Spin
-  Back Hook
-  Boomerang Spin
-  Chair Spin
-  Climb
-  Dragonfly
-  Fan Kick
-  Figurehead
-  Fireman Spin
- Forearm Stand
-  Front Hook
-  Hip Hold
-  Inside Leg Hang
-  Inverted Crucifix
-  Lady Seat
-  Martini
-  Outside Leg Hang
-  Reverse Grab
-  Side Climb

LOW INTERMEDIATE
21 moves

-  Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Butterfly
- Cross Ankle Layback
- Dove
- Embrace
- Extended Butterfly
- Flatline
- Gemini Climb
- Inverted D
- Jackknife
- Jamilla
- Leg Switch
- Mercury
- Poisson
- Reiko Split
- Remi Seat
- Side Saddle

HIGH INTERMEDIATE
16 moves

- Allegra
- Ayesha
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Eros
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- Shoulder Mount
- Sneaky V

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	16 moves	23 moves	21 moves	16 moves	43 moves
		Snowflake	Superman		Gargoyle
		Straddle Invert	Torso Switch		Helix
		Upright Crucifix			Icarus
		Violator			Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					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	16 moves	23 moves	21 moves	16 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini