Gina's Level Map

Gilbert, Arizona

Pole Level Mapper

NEWBIE
4 moves


Body Rolls


Dip Turn


Pirouette


Pole Walk

LOW BEGINNER
13 moves


Attitude Spin


Back Hook


Carousel Spin


Chair Spin


Cradle Spin


Fireman Spin


Front Hook


Hollywood Spin


Juliet Spin


Knee Spin


Rockstar Spin


Secretary Seat


Skater Spin

HIGH BEGINNER
9 moves


Boomerang Spin


Climb


Inverted Crucifix


Martini


Reverse Grab


Side Climb


Snowflake


Straddle Invert


Violator

LOW INTERMEDIATE
15 moves


Aerial Straddle Invert


Air Walk


Cross Ankle Layback


Embrace


Fan Kick


Flatline

Forearm Stand


Genie


Goddess


Jasmine


Lady Seat


Mercury


Reiko Split


Remi Seat

Upright Crucifix

HIGH INTERMEDIATE
27 moves

Allegra

Baby Snake

Ballerina

Brass Bridge

Brass Monkey

Butterfly

Caterpillar Climb

Chest Press Butterfly

Cross Knee Layback

Dragonfly

Eros

Extended Butterfly

Figurehead

Foot Mount

Hang Glider

Hip Hold

Inside Leg Hang

Inverted D

Jackknife

ADVANCED
55 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Ayesha

Batwing

Bee's Knees

Bird of Paradise

Broken Doll

Cheeba Split

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dove

Dragontail

Duchess

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	13 moves	9 moves	15 moves	27 moves	55 moves
				Jade	Eagle
				Outside Leg Hang	Flag
				Poisson	Flying K
				Scissor Seat	Fonji
				Shoulder Mount	Gargoyle
				Sneaky V	Gemini Climb
				Stargazer	Helix
				Wrist Seat	Icarus
					Iguana
					Iron X
					Jallegra
					Jamilla
					Janeiro
					Knee Bocker
					Leg Switch
					Libellula
					Machine Gun
					Marion Amber
					Marley

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	13 moves	9 moves	15 moves	27 moves	55 moves


Meathook


Phoenix


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Side Saddle


Spatchcock


Starfish


Superman


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini