Vigor Academy Level Map

Chula Vista,ca

Pole Level Mapper

NEWBIE
13 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
11 moves

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

HIGH BEGINNER
24 moves

- Baby Snake
- Bee's Knees
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dove
- Dragonfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Jamilla
- Martini
- Outside Leg Hang
- Reverse Grab
- Scissor Seat
- Side Climb
- Side Saddle
- Snowflake

LOW INTERMEDIATE
16 moves

- Aerial Straddle Invert
- Air Walk
- Butterfly
- Cross Ankle Layback
- Embrace
- Extended Butterfly
- Flatline
- Gemini Climb
- Inverted D
- Jackknife
- Leg Switch
- Mercury
- Poisson
- Reiko Split
- Remi Seat
- Torso Switch

HIGH INTERMEDIATE
12 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- Shoulder Mount

ADVANCED
47 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Eros

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
13 moves	11 moves	24 moves	16 moves	12 moves	47 moves
		Stargazer			Flag
		Straddle Invert			Flying K
		Superman			Fonji
		Violator			Gargoyle
		Wrist Seat			Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback
					Russian Split

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
13 moves	11 moves	24 moves	16 moves	12 moves	47 moves


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini