Lisa Litberg Level Map

Chicago IL

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
18 moves

-  Attitude Spin
-  Back Hook
-  Boomerang Spin
-  Chair Spin
-  Climb
-  Fan Kick
-  Fireman Spin
- Forearm Stand
-  Front Hook
-  Inverted Crucifix
-  Lady Seat
-  Martini
-  Reverse Grab
-  Side Climb
-  Snowflake
-  Straddle Invert
-  Upright Crucifix
-  Violator

LOW INTERMEDIATE
23 moves

-  Aerial Straddle Invert
-  Air Walk
- Bee's Knees
- Butterfly
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jamilla
- Mercury
- Outside Leg Hang
- Poisson

HIGH INTERMEDIATE
19 moves

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

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	18 moves	23 moves	19 moves	43 moves
			Reiko Split		Gargoyle
			Remi Seat		Helix
			Side Saddle		Icarus
			Superman		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	18 moves	23 moves	19 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini