Vertical Pole Studio Level Map

AVARRE, FLORIDA

Pole Level Mapper

NEWBIE
9 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fireman Spin
- Front Hook
- Pirouette
- Pole Walk

LOW BEGINNER
8 moves

- Carousel Spin
- Cradle Spin
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
16 moves

- Boomerang Spin
- Climb
- Fan Kick
- Forearm Stand
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Lady Seat
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Upright Crucifix
- Violator

LOW INTERMEDIATE
13 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Dragonfly
- Embrace
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
20 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Eros
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Leg Switch
- Poisson
- Shoulder Mount
- Sneaky V

ADVANCED
57 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Baby Snake
- Batwing
- Bee's Knees
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Cross Knee Layback
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dove

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	8 moves	16 moves	13 moves	20 moves	57 moves
				 Torso Switch	 Dragontail
					 Duchess
					 Eagle
					 Flag
					 Flying K
					 Fonji
					 Gargoyle
					 Helix
					 Icarus
					 Iguana
					 Iron X
					 Jallegra
					 Jamilla
					 Janeiro
					 Knee Bocker
					 Libellula
					 Machine Gun
					 Marion Amber
					 Marley

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	8 moves	16 moves	13 moves	20 moves	57 moves


Meathook


Phoenix


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Scissor Seat


Seahorse


Side Saddle


Spatchcock


Starfish


Stargazer


Superman


Teddy


Tulip


Upright Sailboat


Vortex


Wrist Seat


Yogini