Polers Cove Level Map

Riverton, Utah

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
16 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
27 moves

- Baby Snake
- Boomerang Spin
- Butterfly
- Climb
- Cross Knee Layback
- Dove
- Extended Butterfly
- Fan Kick
- Forearm Stand
- Inverted Crucifix
- Inverted D
- Jackknife
- Jamilla
- Lady Seat
- Martini
- Poisson
- Reverse Grab
- Scissor Seat
- Side Climb

LOW INTERMEDIATE
18 moves

- Aerial Straddle Invert
- Air Walk
- Anastasia
- Brass Bridge
- Brass Monkey
- Cross Ankle Layback
- Dragonfly
- Embrace
- Eros
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat
- Sneaky V

HIGH INTERMEDIATE
11 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Shoulder Mount
- Torso Switch

ADVANCED
47 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	16 moves	27 moves	18 moves	11 moves	47 moves
		 Side Saddle			 Flying K
		 Snowflake			 Fonji
		 Stargazer			 Gargoyle
		 Straddle Invert			 Helix
		 Superman			 Icarus
		 Upright Crucifix			 Iguana
		 Violator			 Iron X
		 Wrist Seat			 Jallegra
					 Janeiro
					 Knee Bocker
					 Libellula
					 Machine Gun
					 Marion Amber
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	16 moves	27 moves	18 moves	11 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini