

POLE PLAY FITNESS

WHAT LEVEL ARE YOU, REALLY?

Here's your guide to unlocking each class level and progressing your skills safely.

SWIPE TO FIND YOUR LEVEL



The Climb

FIND YOUR LEVEL • KNOW YOUR CLASSES

Find where you are, work the classes in that level, and master the gates to advance to the next level.

1

BEGINNER

2

LOW-INTERMEDIATE

3

HIGH-INTERMEDIATE

4

ADVANCED

5

ELITE

Beginner

Skills to Master

You're building the base — grip, control, and your first climbs and spins.

Heels & Choreo

- ★ Fireman Spin Up
- ★ Stomach-to-pole Handstand
- ★ Pirouette (any grip)
- ★ A Frame
- ★ Goddess Sit-up

Static & Spin Pole

- ★ Invert Prep Crunch (3 sec.)
- ★ Floor Jasmine (top-hand off)
- ★ Floor Pole Sit
- ★ Pole Climb (x3)
- ★ Fireman Spin
- ★ Front Hook Spin
- ★ Carousel Spin

Low-Intermediate

Skills to Master

Strength around the base — grip holds, the Chopper invert, leg hangs, and more technical basework.

Heels & Choreo

- ★ Reverse Grab Spin
- ★ Shouldermount Dismount
- ★ Twisted Grip Handstand w/ Walkover Exit
- ★ Scorpio Handstand
- ★ Forward Fish Flop to Scorpion Kick-up

Spin Pole

- ★ Chair Spin
- ★ Cradle Spin
- ★ Floor Ballerina
- ★ Wrist Sit/Helloboys

Static Pole

- ★ Split-grip Bent Knee Hold (3 sec.)
- ★ Controlled Floor Invert (Chopper)
- ★ Floor Outside Leg Hang
- ★ Floor Apprentice
- ★ Climb to Pole Sit

High-Intermediate

Skills to Master

You're starting to fly! Aerial work takes shape and your choreo goes upside down.

Heels & Choreo

- ★ Pole-assisted Shoulder Stand
- ★ Shoulder Rolls (fwd/back)
- ★ Kickstand
- ★ Laying Floor Jade

Spin Pole

- ★ Juliette Spin
- ★ Pencil Spin
- ★ Marley
- ★ Cross-knee Layback
- ★ Jade Split

Static Pole

- ★ Floor Shouldermount Invert
- ★ Aerial Invert (2 Circus Climbs)
- ★ Aerial Leg Hang & Body Switches (3x)
- ★ Aeysha with spot (any grip & entry)
- ★ Aerial Pole Sit → Apprentice → Ext. Butterfly → Flatline Scorpio

Advanced

Skills to Master

Handsprings, aeyshas, and dynamic transitions across all three tracks.

Heels & Choreo

- ★ Pole-Assisted Kips
- ★ One Arm Power Spins
- ★ Advanced Basework Flow
- ★ Dynamic Aerial Heel Tricks

Spin Pole

- ★ Side Climb
- ★ Advanced Spin Entries (K-mount, twizzle)
- ★ Aerial Ballerina Variations
- ★ Advanced Splits (Jallegra, Twisted Sister, Spatchcock, Machine Gun, Pegasus, Russian)

Static Pole

- ★ Handspring Aeysha
- ★ Aeysha — Second Entry (non-handspring)
- ★ Aerial Shoulder Mount
- ★ Any Advanced Split (Twisted Sister, Spatchcock, Machine Gun, Pegasus, Russian)

Elite

Skills to TRAIN

You've reached the top. No gates from here — keep refining & combining.

Elite Skills

- ★ Full Moons
- ★ Phoenixes
- ★ Deadlifts
- ★ Handstand Press-ups
- ★ Muscle Ups
- ★ Flying K
- ★ Flic Flac
- ★ Starfish
- ★ Elite Bendy Moves (Janeiro, Satellite)
- ★ Fonji
- ★ Elite Splits: (Birds of Paradise, Rainbow Marchenko)

POLE PLAY FITNESS

READY TO CLIMB?

Now you know exactly what to work toward. Every class moves you one gated skill closer to the next level.

- ★ Not sure where you land?
- ★ Come to class and we'll place you.
- ★ Screenshot your level and tag us!

BOOK YOUR NEXT CLASS