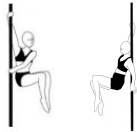




Walk around the pole



Basic Knee spin



Chair spin / Reverse Grab



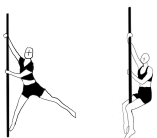
Sunwheel / Reverse Sunwheel



Fireman



Front Hook spin



Step Around spin



Reverse Hook spin



Fairy spin



Basic Knees spin



Pole climb



Crucifix



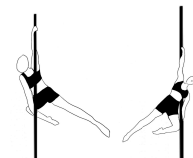
Pirouette



Pole Sit



Pretzel Spin



Siren Spin



Figure Head



Layback



Cradle



Jamilla



Fan Kick



Static V



Jasmine



Martini



Genie



Basic Invert



Inverted Crucifix



Outside Leg Hang



Inside Leg Hang



Brass Monkey



Caterpillar
pushups



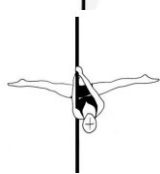
Twisted Hip hold



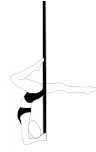
Butterfly



Superman



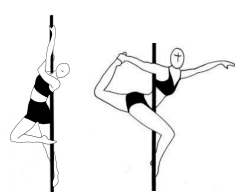
Inverted Straddle



Elbow stand



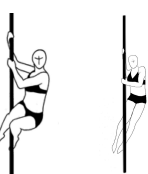
Iguana



Ballerina / Twisted
Ballerina



Cupid



Side Climb
(Spin/Static)