



## AFB ALL ABILITY FULL BODY FLOW

### Exercise Library

Welcome to our *All Ability AFB 'Full Body Flow'* where we will take you through an aerial fitness journey of safe, fun & challenging exercise progression to learn creative bodyweight skills.

The program will consist of 3 rounds approximately 20 minutes combining 6 supersets of 12 *floor 2 fly* exercises focusing on correct muscular engagement & movement patterns to perform the aerial skills on our AFB straps.

### All Ability Full Body Flow

Flow:

- **6 Supersets**
- **12 Exercises**
- **X 3 Flights**
- **Rest: 1 minute between flights**

### Floor 2 Fly Supersets

*\*Challenge = increase reps decrease rest*

*\*Safe progressions*

*\*Fly Hang height: comfortable mid way height between scapular elevation & depression (shoulder engagement & stability)*

#### **Superset 1**

##### **1. Arms above head deep squats x 10**

- Exercise options: Go as deep as you feel comfortable - without arms falling forward (maintain shoulder extension)
- Challenge: 1 second hold in squat and then power up

## **2. Power Jump Squats hands in straps x 10**

- Exercise options: Air squat hands in strap
- Challenge: 1 second hold in squat and then power jump

### **Superset 2**

#### **1. Wide arm push ups x 10**

- Exercise options: Knees on the floor wide arm push ups
- Challenge: Hold for 1 second at the lowering of the push up then power up

#### **2. Pull ups x 10**

- Exercise options: Jump pull ups
- Challenge: ½ way pull up, Top, ½ way down, fly hang height

### **Superset 3**

#### **1. Dish hold pike inverted reps**

- Exercise options: Slightly bent legs in dish hold
- Challenge: Drive hips up on pike lift, 1 second hold in dish hold position

#### **2. Leg lifts**

- Exercise options: Tuck leg lifts
- Challenge: Hold 1 second at the top of the leg lift

### **Superset 4**

#### **1. Dish hold pike overs**

- Exercise options: Slightly bent legs in dish hold
- Challenge: Drive hips up on pike lift & over, 1 second hold in dish hold position

#### **2. Skin the cats**

- Exercise options: Roll to inverted position & back to leg lift fly hang height
- Challenge: Hold for 1 second at the top of the leg lift & 1 second at the end range of the skin the cat

## Superset 5

- 1. Scapular shrugs - protraction 2 retraction x 10**
  - Exercise options: Roll to inverted position & back to leg lift fly hang height
  - Challenge: Hold for 1 second at the top of the leg lift & 1 second at the end range of the skin the cat
- 2. Front planche tempos x 5 (scapular retraction & depression)**
  - Exercise options: Tuck, open tuck FP
  - Challenge: Legs together FP

## Superset 6

- 1. Superman- legs wide (straddle) & push (block) arms to floor x 10**
  - Exercise options: Smaller straddle lift
  - Challenge: Hold for 1 second at the top of the wide leg lift
- 2. Tuck back planche tempos x 5 (scapular protraction & depression)**
  - Exercise options: Tuck, open tuck BP
  - Challenge: Legs together BP

## 1 MINUTE REST X 3 FLIGHTS

*“Let’s Fly Into Fitness”*