



## **AFB 12 AFB FLIGHTS OF CHRISTMAS**

### **12 AFB flights of Xmas Challenge**



### **Exercise Library**

Welcome to our *All Ability '12 AFB flights of Xmas Challenge'* where we will take you through an aerial festive fitness journey of safe, fun & challenging exercise progression to learn creative bodyweight skills.

The Xmas challenge will consist of 3 rounds of approximately 20 minutes flying you into 12 festive AFB flights focusing on correct muscular engagement & movement patterns to perform the aerial skills on our AFB straps.

## **12 AFB flights of Xmas Challenge**

Flow:

- **X 3 Xmas Flights**
- **Rest: 1 minute between flights**

### **12 AFB flights of Xmas**

*\*Challenge = increase holds decrease rest*

*\*Safe progressions*

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

#### **XMAS AFB Flight 1**

**1 Front Planche hold** (scapular retraction & depression, Core engagement, Block against strap & drive to hips)

- Exercise options: Tuck, Open tuck, Stag, Straddle, Legs together
- Challenge: Max Holds

#### **XMAS AFB Flight 2**

**2 Back Planche holds** (scapular protraction & depression, core engagement, block against strap & drive to hips)

- Exercise options: Tuck, Open tuck, Stag, Straddle, Legs together
- Challenge: Max Holds

#### **XMAS AFB Flight 3**

**3 1 ARM 90S (1 arm leg lift just before the flag skill)**

- Exercise options: Tuck obliques, Straddle legs, Legs together
- Challenge: Legs together

## **XMAS AFB Flight 4**

### **4 1 ARM Leg Lifts (1 arm leg lift just before the Meathook skill)**

- Exercise options: Tuck leg lifts, Straddle legs, Legs together
- Challenge: Legs together

## **XMAS AFB Flight 5**

### **5 Skin the Cats (Roll to inverted position & back to leg lift fly hang height)**

- Exercise options: Tuck leg lifts, Straddle legs, Legs together
- Challenge: Hold for 1 second at the top of the leg lift & 1 second at the end range of the skin the cat

## **XMAS AFB Flight 6**

### **6 Meathooks side 2 side (External shoulder rotation - wrist, elbow, shoulder, bottom hip rotation, engage hips to straps arm)**

- Exercise options: Tuck, Straddle legs, Legs together
- Challenge: Leg together / 1 arm

## **XMAS AFB Flight 7**

### **7 Straddle Meathooks side 2 side (Pronated grip, hips up and over, blocker strap and feel counterbalance)**

- Exercise options: Tuck, Straddle legs
- Challenge: 1 arm

## **XMAS AFB Flight 8**

### **8 Flags side 2 side from inverted (Internal shoulder rotation - wrist, elbow, shoulder, bottom hip rotation, engage hips to straps arm)**

- Exercise options: Tuck, Straddle legs, legs together
- Challenge: 1 arm

## **XMAS AFB Flight 9**

**9 Oblique Twists** (Fly hang height, knees high and oblique twist side to side)

- Exercise options: Tuck, Straddle legs, legs together
- Challenge: Legs together

## **XMAS AFB Flight 10**

**10 Pull Ups** (Fly hang height, External shoulder rotation - wrist, elbows, shoulder, core engagement, drive up with hips, chin 2 straps)

- Exercise options: Jump, Assisted, ½, Eccentrics, Full
- Challenge: Legs together in pike

## **XMAS AFB Flight 11**

**11 Leg lifts** (Fly hang height, External shoulder rotation - wrist, elbows, shoulder, core engagement, drive up with hips, toes 2 strap)

- Exercise options: Tuck, Alternate, Straddle, Legs together
- Challenge: Legs together in pike

## **XMAS AFB Flight 12**

**12 Leg Lift Tics Side 2 Side** (Fly hang height, External shoulder rotation - wrist, elbows, shoulder, core engagement, drive up with hips, toes 2 straps side 2 side)

- Exercise options: Tuck, Alternate, Straddle, Legs together
- Challenge: Legs together in pike

**MERRY CHRISTMAS TO OUR AFB COMMUNITY**

***“Let’s Fly Into Festive Fitness”***