

WORKOUT VIDEO LINK: <https://www.aerialfitnessbodies.com/one-arm-progressions>



**One Arm Leg Lift Progression Tutorial**

**\*Our 'One Arm Leg Lift' progressions can be interlinked with our AFB specialised programs**  
**\*Recommendation = 3 x week**

**Common Mistakes to Avoid:**  
 - Anterior pelvic tilt (arching lower back)  
 \*Focus on posterior pelvic tilt, keep the feet slightly in front of the body  
 - Lifting the chin to complete pull up  
 \*Keep neutral head position  
 - Breaking the straight shoulder alignment & pushing elbows in front of the body  
 - Maintain scapula & humeral head position (shoulders down & back)  
 - Don't break on the back & ease rib cage as you pull  
 - Maintain engaged core & keep ribs down and in

**FLOOR 2 FLY WARM UP**

Specific movement patterns & muscular engagements to then fly on our AFB straps.

FLOOR EXERCISE	COACHING CUES	REPS (adjust to personal needs)	FLIGHTS (adjust to your personal needs)	REST (adjust to personal needs)	MUSCULAR ENGAGEMENTS	BENEFITS
Dish Hold	- Begin by laying on your back with arms above head - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Push hands and toes away to elongate solid dish position - Hold dish position maintaining core engagement - Controlled breathing	Max hold		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Glutes Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Dish Hold Rocks	- Begin by laying on your back with arms above head - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Slowly rock backwards and forwards (vertebrae by vertebrae) - Controlled breathing	20 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Glutes Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Dish Hold Angels	- Begin by laying on your back with arms above head - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Slowly raise the arms up & down to the side of the body - Controlled breathing	10 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Glutes Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Dish Hold Sky Reaches	- Begin by laying on your back with arms above head - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Slowly raise the arms up to the sky and block away - Controlled breathing	10 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Glutes Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Dish Hip Drives	- Begin by laying on your back with arms above head - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Push hands and toes away to elongate solid dish position - Hold dish position maintaining core engagement - Lift legs so toes are pointing to sky & drive hips off the floor - Keep arms behind head and engage lower ab to drive feet up - Controlled breathing	10 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Glutes Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Pike Over - Pike Stretch - Pike Hip Flexor	- Begin by laying on your back with arms above head - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Push hands and toes away to elongate solid dish position - Hold dish position maintaining core engagement - Pike feet over the head (right pike) & lower back down vertebrae by vertebrae dish position - Rise upper body keeping arms behind head & lower to a pike stretch (belly button to knees) - Place hands by heels & lift feet off the floor- engage hip flexors (legs straight) - Repeat - Controlled breathing	5 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Glutes Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Straddle Over - Straddle Stretch - Straddle Hip Flexor	- Begin by laying on your back with arms above head - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Push hands and toes away to elongate solid dish position - legs in straddle position - Hold dish position maintaining core engagement - Straddle feet over the head (right straddle) & lower back down vertebrae by vertebrae dish position - Rise upper body keeping arms behind head & lower to a straddle stretch (belly button to floor) - Place hands in between feet (heel level) & lift feet off the floor- engage hip flexors (legs straight) - Repeat - Controlled breathing	5 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Glutes Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control

Once you feel safe & comfortable with 5 reps move onto the next progression

ONE ARM LEG LIFT PROGRESSIONS	COACHING CUES	REPS Once you feel safe & comfortable: - 5 reps - 5 seconds hold = Fly onto the next progression	FLIGHTS	REST (adjust to personal needs)	MUSCULAR ENGAGEMENTS	BENEFITS
Fly Hang (max hold) = One Arm	- Set AFB straps shoulder width apart, place hands on the inside of the AFB straps, grab lightly above the loop onto the strap & keep elbows straight - Set into one arm hanging position (*2 arms then release strap to one arm) - Sit into the weight bearing position, stabilize shoulders and scapula with slight initial rotation in towards the strap (little finger inwards = shoulder external rotation & forearm supination) - Keep a straight shoulder alignment, rib cage down and slowly lift feet off the floor - Elevate the shoulders into a shoulder shrug (scapula elevation into scapula depression) and then slowly lower halfway down into a comfortable hanging position, this is your FLY HANG height - Short controlled breathe	Max hold		3:30 - 90 seconds	Strength: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi  Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Grip strength: Forearms  Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)  Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Understanding AFB 'Fly Hang' Shoulder stability Scapular positioning & control Core control & engagement Lower back control & engagement Grip strength & rotations Solid body base & posture Reduce lower back pain Breathing control
Scapula Pull Ups (Scapula Elevation & Depression) = One Arm	- Set body into Fly Hang height (mid point between scapula elevation & depression) - Set into one arm hanging position (*2 arms then release strap to one arm) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down and slowly lift feet off the floor - Engage delts, lats and the core - Elevate (shrug) and depress (lower) the scapula = shoulder shrugs - Externally rotate shoulders & supinate forearms on the shrug (turn little fingers towards body) - Short controlled breathe	10 reps		3:30 - 90 seconds	Strength: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi  Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Grip strength: Forearms  Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)  Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Shoulder stability Scapular positioning & control Core control & engagement Lower back control & engagement Grip strength & rotations Solid body base & posture Reduce lower back pain Breathing control

<p>-Set AFB straps shoulder width apart, place hands on the inside of the AFB straps, grab tightly above the loop onto the strap &amp; keep elbows straight</p> <p>- Sit into the weight bearing position, stabilize shoulders and scapula with slight wrist rotation inwards towards the strap (little finger inwards = shoulder external rotation &amp; forearm supination)</p> <p>- Set into one arm hanging position (*2 arms then release strap to one arm)</p> <p>- Keep a straight shoulder alignment, rib cage down and slowly lift feet off the floor</p> <p>- Elevate the shoulders into a shoulder shrug (scapula elevation into scapula depression) and then slowly lower halfway down into a comfortable hanging position, this is your FLY HANG height</p> <p>- Rotate wrists into supinated and pronated grip (shoulder external &amp; internal rotation)</p> <p>- Short controlled breaths</p>	<p>20 reps III</p>			<p><b>Strengthen:</b>          Deltoids          Rotator cuff muscles          Serratus anterior          Glute engagement          Core engagement          Obliques          Bicep &amp; Triceps          Rhomboids          Trapezius          Latissimus Dorsi</p> <p><b>Flexibility:</b>          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip flexors and hamstrings in pike position</p> <p><b>Grip strength:</b> Forearms</p> <p><b>Flexors:</b>          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>          Extensor pollicis longus and brevis (thumb extender)          Extensor digiti minimi (pinkie finger extender)          Extensor indicis (index finger extender)          Extensor digitorum (all finger extender)</p>	<p>Understanding AFB Fly Hang/          Shoulder stability          Scapular positioning &amp; control          Core control &amp; engagement          Lower back control &amp; engagement          Grip strength &amp; rotations          Solid body base &amp; posture          Reduce lower back pain          Breathing control</p>
<p>-Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight</p> <p>- Set body into Fly Hang height (mid point between scapula elevation &amp; depression)</p> <p>- Set into one arm hanging position (*2 arms then release strap to one arm)</p> <p>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core</p> <p>- Raise the knees to the chest (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)</p> <p>- Externally rotate shoulders &amp; supinate forearms on the knee lift (turn little fingers towards body)</p> <p>- Short controlled breaths</p> <p>- Progression: Legs straight</p>	<p>10 reps</p>			<p><b>Strengthen:</b>          Deltoids          Rotator Cuff muscles          Glute engagement          Core engagement          Obliques          Bicep and Triceps          Latissimus Dorsi          Hip Flexors strength</p> <p><b>Synergists:</b>          Tensor fasciae latae          Pectineus          Sartorius          Adductor longus &amp; adductor brevis</p> <p><b>Stabilisers:</b>          Rectus Abdominis          Obliques</p> <p><b>Leg lift:</b>          Rectus femoris          Iliopsoas          TFL          Adductors</p> <p><b>Flexibility:</b>          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip flexors and hamstrings in pike position          Lumbar flexion &amp; PPT</p> <p><b>Grip strength:</b> Forearms</p> <p><b>Flexors:</b>          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>          Extensor pollicis longus and brevis (thumb extender)          Extensor digiti minimi (pinkie finger extender)          Extensor indicis (index finger extender)          Extensor digitorum (all finger extender)</p>	<p>Shoulder stability          Scapular positioning &amp; control          Understanding AFB Fly Hang/ height          Core control &amp; engagement          Lower back control &amp; engagement          Toned Abs          Solid body base &amp; posture          Muscle endurance          Reduce lower back pain          Grip strength &amp; rotation          Preparation for elite aerial skills          Breathing control</p>
<p>-Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight</p> <p>- Set body into Fly Hang height (mid point between scapula elevation &amp; depression)</p> <p>- Set into one arm hanging position (*2 arms then release strap to one arm)</p> <p>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core</p> <p>- Alternate knees raises to chest (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)</p> <p>- Externally rotate shoulders &amp; supinate forearms on the knee lift (turn little fingers towards body)</p> <p>- Short controlled breaths</p> <p>- Progression: Legs straight</p>	<p>20 reps</p>			<p><b>Strengthen:</b>          Deltoids          Rotator Cuff muscles          Glute engagement          Core engagement          Obliques          Bicep and Triceps          Latissimus Dorsi          Hip Flexors strength</p> <p><b>Synergists:</b>          Tensor fasciae latae          Pectineus          Sartorius          Adductor longus &amp; adductor brevis</p> <p><b>Stabilisers:</b>          Rectus Abdominis          Obliques</p> <p><b>Leg lift:</b>          Rectus femoris          Iliopsoas          TFL          Adductors</p> <p><b>Flexibility:</b>          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip flexors and hamstrings in pike position          Lumbar flexion &amp; PPT</p> <p><b>Grip strength:</b> Forearms</p> <p><b>Flexors:</b>          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>          Extensor pollicis longus and brevis (thumb extender)          Extensor digiti minimi (pinkie finger extender)          Extensor indicis (index finger extender)          Extensor digitorum (all finger extender)</p>	<p>Shoulder stability          Scapular positioning &amp; control          Understanding AFB Fly Hang/ height          Core control &amp; engagement          Lower back control &amp; engagement          Toned Abs          Solid body base &amp; posture          Muscle endurance          Reduce lower back pain          Grip strength &amp; rotation          Preparation for elite aerial skills          Breathing control</p>
<p>-Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight</p> <p>- Set body into Fly Hang height (mid point between scapula elevation &amp; depression)</p> <p>- Set into one arm hanging position (*2 arms then release strap to one arm)</p> <p>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core</p> <p>- Raise the knees to the chest and hold (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)</p> <p>- Externally rotate shoulders &amp; supinate forearms on the knee lift (turn little fingers towards body)</p> <p>- Short controlled breaths</p> <p>- Progression: Legs straight</p>	<p>Max hold</p>			<p><b>Strengthen:</b>          Deltoids          Rotator Cuff muscles          Glute engagement          Core engagement          Obliques          Bicep and Triceps          Latissimus Dorsi          Hip Flexors strength</p> <p><b>Synergists:</b>          Tensor fasciae latae          Pectineus          Sartorius          Adductor longus &amp; adductor brevis</p> <p><b>Stabilisers:</b>          Rectus Abdominis          Obliques</p> <p><b>Leg lift:</b>          Rectus femoris          Iliopsoas          TFL          Adductors</p> <p><b>Flexibility:</b>          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip flexors and hamstrings in pike position          Lumbar flexion &amp; PPT</p> <p><b>Grip strength:</b> Forearms</p> <p><b>Flexors:</b>          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>          Extensor pollicis longus and brevis (thumb extender)          Extensor digiti minimi (pinkie finger extender)          Extensor indicis (index finger extender)          Extensor digitorum (all finger extender)</p>	<p>Shoulder stability          Scapular positioning &amp; control          Understanding AFB Fly Hang/ height          Core control &amp; engagement          Lower back control &amp; engagement          Toned Abs          Solid body base &amp; posture          Muscle endurance          Reduce lower back pain          Grip strength &amp; rotation          Preparation for elite aerial skills          Breathing control</p>

<p>- Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight  - Set body into Fly Hang height (mid point between scapula elevation &amp; depression)  - Set into one arm hanging position (*2 arms then release strap to one arm)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rb cage down &amp; engage the core  - Through straight legs raise the feet to the halfway position (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)  - Externally rotate shoulders &amp; supinate forearms on the leg lift (turn little fingers towards body)  - Short controlled breaths</p>	<p>10 reps</p>		<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b>  Deltoids  Rotator Cuff muscles  Glute engagement  Core engagement  Obliques  Biceps and Triceps  Latissimus Dorsi  Hip Flexors strength</p> <p><b>Synergists:</b>  Tensor fasciae latae  Pectineus  Sartorius  Adductor longus &amp; adductor brevis</p> <p><b>Stabilisers:</b>  Rectus Abdominis  Obliques</p> <p><b>Leg lift:</b>  Rectus femoris  Biceps  TFL  Adductors</p> <p><b>Flexibility:</b>  ROM in shoulders (stabilisation &amp; strength through different ROM)  Hip flexors and hamstrings in pike position  Lumbar flexion &amp; PPT</p> <p><b>Grip strength; Forearms</b></p> <p><b>Flexors:</b>  Pollicis longus (thumb flexor)  Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>  Extensor pollicis longus and brevis (thumb extender)  Extensor digiti minimi (pinkie finger extender)  Extensor indicis (index finger extender)  Extensor digitorum (all finger extender)</p>	<p>Shoulder stability  Scapular positioning &amp; control  Understanding AFB Fly Hang height  Core control &amp; engagement  Lower back control &amp; engagement  Toned Abs  Solid body base &amp; posture  Muscle endurance  Reduce lower back pain  Grip strength &amp; rotation  Preparation for elite aerial skills  Breathing control</p>
<p>- Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight  - Set body into Fly Hang height (mid point between scapula elevation &amp; depression)  - Set into one arm hanging position (*2 arms then release strap to one arm)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rb cage down &amp; engage the core  - Alternate feet and raise up to the halfway position (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)  - Externally rotate shoulders &amp; supinate forearms on the leg lift (turn little fingers towards body)  - Short controlled breaths</p>	<p>20 reps</p>		<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b>  Deltoids  Rotator Cuff muscles  Glute engagement  Core engagement  Obliques  Biceps and Triceps  Latissimus Dorsi  Hip Flexors strength</p> <p><b>Synergists:</b>  Tensor fasciae latae  Pectineus  Sartorius  Adductor longus &amp; adductor brevis</p> <p><b>Stabilisers:</b>  Rectus Abdominis  Obliques</p> <p><b>Leg lift:</b>  Rectus femoris  Biceps  TFL  Adductors</p> <p><b>Flexibility:</b>  ROM in shoulders (stabilisation &amp; strength through different ROM)  Hip flexors and hamstrings in pike position  Lumbar flexion &amp; PPT</p> <p><b>Grip strength; Forearms</b></p> <p><b>Flexors:</b>  Pollicis longus (thumb flexor)  Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>  Extensor pollicis longus and brevis (thumb extender)  Extensor digiti minimi (pinkie finger extender)  Extensor indicis (index finger extender)  Extensor digitorum (all finger extender)</p>	<p>Shoulder stability  Scapular positioning &amp; control  Understanding AFB Fly Hang height  Core control &amp; engagement  Lower back control &amp; engagement  Toned Abs  Solid body base &amp; posture  Muscle endurance  Reduce lower back pain  Grip strength &amp; rotation  Preparation for elite aerial skills  Breathing control</p>
<p>- Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight  - Set body into Fly Hang height (mid point between scapula elevation &amp; depression)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rb cage down &amp; engage the core  - Set into one arm hanging position (*2 arms then release strap to one arm)  - Raise legs to pike position and hold (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)  - Externally rotate shoulders &amp; supinate forearms on the pike hold (turn little fingers towards body)  - Short controlled breaths</p>	<p>Max hold</p>		<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b>  Deltoids  Rotator Cuff muscles  Glute engagement  Core engagement  Obliques  Biceps and Triceps  Latissimus Dorsi  Hip Flexors strength</p> <p><b>Synergists:</b>  Tensor fasciae latae  Pectineus  Sartorius  Adductor longus &amp; adductor brevis</p> <p><b>Stabilisers:</b>  Rectus Abdominis  Obliques</p> <p><b>Leg lift:</b>  Rectus femoris  Biceps  TFL  Adductors</p> <p><b>Flexibility:</b>  ROM in shoulders (stabilisation &amp; strength through different ROM)  Hip flexors and hamstrings in pike position  Lumbar flexion &amp; PPT</p> <p><b>Grip strength; Forearms</b></p> <p><b>Flexors:</b>  Pollicis longus (thumb flexor)  Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>  Extensor pollicis longus and brevis (thumb extender)  Extensor digiti minimi (pinkie finger extender)  Extensor indicis (index finger extender)  Extensor digitorum (all finger extender)</p>	<p>Shoulder stability  Scapular positioning &amp; control  Understanding AFB Fly Hang height  Core control &amp; engagement  Lower back control &amp; engagement  Toned Abs  Solid body base &amp; posture  Muscle endurance  Reduce lower back pain  Grip strength &amp; rotation  Preparation for elite aerial skills  Breathing control</p>
<p>- Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight  - Set body into Fly Hang height (mid point between scapula elevation &amp; depression)  - Set into one arm hanging position (*2 arms then release strap to one arm)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rb cage down &amp; engage the core  - Draw the belly button to the spine &amp; round through the hips (maintain posterior pelvic tilt)  - Externally rotate shoulders &amp; supinate forearms (turn little fingers towards body)  - Raise straddle legs to AFB straps level (hip flexion) &amp; control the lowering back to fly hang position  - Short controlled breaths</p>	<p>5 reps</p>		<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b>  Deltoids  Rotator Cuff muscles  Glute engagement  Core engagement  Obliques  Biceps and Triceps  Latissimus Dorsi  Hip Flexors strength</p> <p><b>Synergists:</b>  Tensor fasciae latae  Pectineus  Sartorius  Adductor longus &amp; adductor brevis</p> <p><b>Stabilisers:</b>  Rectus Abdominis  Obliques</p> <p><b>Leg lift:</b>  Rectus femoris  Biceps  TFL  Adductors</p> <p><b>Flexibility:</b>  ROM in shoulders (stabilisation &amp; strength through different ROM)  Hip flexors and hamstrings in pike position  Lumbar flexion &amp; PPT</p> <p><b>Grip strength; Forearms</b></p> <p><b>Flexors:</b>  Pollicis longus (thumb flexor)  Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>  Extensor pollicis longus and brevis (thumb extender)  Extensor digiti minimi (pinkie finger extender)  Extensor indicis (index finger extender)  Extensor digitorum (all finger extender)</p>	<p>Shoulder stability  Scapular positioning &amp; control  Understanding AFB Fly Hang height  Core control &amp; engagement  Lower back control &amp; engagement  Toned Abs  Solid body base &amp; posture  Muscle endurance  Reduce lower back pain  Grip strength &amp; rotation  Preparation for elite aerial skills  Breathing control</p>

	<ul style="list-style-type: none"> <li>- Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight</li> <li>- Set body into Fly Hang height (mid point between scapula elevation &amp; depression)</li> <li>- Set into one arm hanging position (*2 arms then release strap to one arm)</li> <li>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core</li> <li>- Draw the belly button to the spine &amp; round through the hips (maintain posterior pelvic tilt)</li> <li>- Externally rotate shoulders &amp; supinate forearms (turn little fingers towards body)</li> <li>- Raise straddle legs to AFB straps level (hip flexion) &amp; twist hips (same leg lift inside the same strap arm)</li> <li>- Control the lowering back to fly hang position</li> <li>- Short controlled breaths</li> </ul>	5 reps	3:30 - 90 seconds	<p><b>Strengthen:</b></p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator Cuff muscles</li> <li>Glute engagement</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep and Triceps</li> <li>Latisimus Dorsi</li> <li>Hip Flexors strength</li> </ul> <p><b>Synergists:</b></p> <ul style="list-style-type: none"> <li>Tensor fasciae latae</li> <li>Pectineus</li> <li>Sartorius</li> <li>Adductor longus &amp; adductor brevis</li> </ul> <p><b>Stabilizers:</b></p> <ul style="list-style-type: none"> <li>Rectus Abdominis</li> <li>Obliques</li> </ul> <p><b>Leg lift:</b></p> <ul style="list-style-type: none"> <li>Rectus femoris</li> <li>Iliopsoas</li> <li>TFL</li> <li>Adductors</li> </ul> <p><b>Flexibility:</b></p> <ul style="list-style-type: none"> <li>ROM in shoulders (stabilisation &amp; strength through different ROM)</li> <li>Hip flexors and hamstrings in pike position</li> <li>Lumbar flexion &amp; PPT</li> </ul> <p><b>Grip strength; Forearms</b></p> <p><b>Flexors:</b></p> <ul style="list-style-type: none"> <li>Pollicis longus (thumb flexor)</li> <li>Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</li> </ul> <p><b>Extensors:</b></p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extensor)</li> <li>Extensor digiti minimi (pinkie finger extensor)</li> <li>Extensor indicis (index finger extender)</li> <li>Extensor digitorum (all finger extender)</li> </ul>	<p>Shoulder stability</p> <ul style="list-style-type: none"> <li>Scapular positioning &amp; control</li> <li>Understanding AFB Fly Hang height</li> <li>Core control &amp; engagement</li> <li>Lower back control &amp; engagement</li> <li>Toned Abs</li> <li>Solid body base &amp; posture</li> <li>Muscle endurance</li> <li>Reduce lower back pain</li> <li>Grip strength &amp; rotation</li> <li>Preparation for elite aerial skills</li> <li>Breathing control</li> </ul>
Log lift full straddle twist (90S) = One Arm		5 reps	3:30 - 90 seconds		
	<ul style="list-style-type: none"> <li>- Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight</li> <li>- Set body into Fly Hang height (mid point between scapula elevation &amp; depression)</li> <li>- Set into one arm hanging position (*2 arms then release strap to one arm)</li> <li>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core</li> <li>- Draw the belly button to the spine &amp; round through the hips (maintain posterior pelvic tilt)</li> <li>- Externally rotate shoulders &amp; supinate forearms (turn little fingers towards body)</li> <li>- Raise legs together to AFB straps level (hip flexion) &amp; control the lowering back to fly hang position</li> <li>- Short controlled breaths</li> </ul>	5 reps	3:30 - 90 seconds	<p><b>Strengthen:</b></p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator Cuff muscles</li> <li>Glute engagement</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep and Triceps</li> <li>Latisimus Dorsi</li> <li>Hip Flexors strength</li> </ul> <p><b>Synergists:</b></p> <ul style="list-style-type: none"> <li>Tensor fasciae latae</li> <li>Pectineus</li> <li>Sartorius</li> <li>Adductor longus &amp; adductor brevis</li> </ul> <p><b>Stabilizers:</b></p> <ul style="list-style-type: none"> <li>Rectus Abdominis</li> <li>Obliques</li> </ul> <p><b>Leg lift:</b></p> <ul style="list-style-type: none"> <li>Rectus femoris</li> <li>Iliopsoas</li> <li>TFL</li> <li>Adductors</li> </ul> <p><b>Flexibility:</b></p> <ul style="list-style-type: none"> <li>ROM in shoulders (stabilisation &amp; strength through different ROM)</li> <li>Hip flexors and hamstrings in pike position</li> <li>Lumbar flexion &amp; PPT</li> </ul> <p><b>Grip strength; Forearms</b></p> <p><b>Flexors:</b></p> <ul style="list-style-type: none"> <li>Pollicis longus (thumb flexor)</li> <li>Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</li> </ul> <p><b>Extensors:</b></p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extensor)</li> <li>Extensor digiti minimi (pinkie finger extensor)</li> <li>Extensor indicis (index finger extender)</li> <li>Extensor digitorum (all finger extender)</li> </ul>	<p>Shoulder stability</p> <ul style="list-style-type: none"> <li>Scapular positioning &amp; control</li> <li>Understanding AFB Fly Hang height</li> <li>Core control &amp; engagement</li> <li>Lower back control &amp; engagement</li> <li>Toned Abs</li> <li>Solid body base &amp; posture</li> <li>Muscle endurance</li> <li>Reduce lower back pain</li> <li>Grip strength &amp; rotation</li> <li>Preparation for elite aerial skills</li> <li>Breathing control</li> </ul>
Straight full leg lifts = One Arm		5 reps	3:30 - 90 seconds		
	<ul style="list-style-type: none"> <li>- Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight</li> <li>- Set body into Fly Hang height (mid point between scapula elevation &amp; depression)</li> <li>- Set into one arm hanging position (*2 arms then release strap to one arm)</li> <li>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core</li> <li>- Draw the belly button to the spine &amp; round through the hips (maintain posterior pelvic tilt)</li> <li>- Externally rotate shoulders &amp; supinate forearms (turn little fingers towards body)</li> <li>- Raise legs together to AFB straps level (hip flexion) &amp; control the lowering back to fly hang position</li> <li>- Short controlled breaths</li> </ul>	10 reps	3:30 - 90 seconds	<p><b>Strengthen:</b></p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator Cuff muscles</li> <li>Glute engagement</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep and Triceps</li> <li>Latisimus Dorsi</li> <li>Hip Flexors strength</li> </ul> <p><b>Synergists:</b></p> <ul style="list-style-type: none"> <li>Tensor fasciae latae</li> <li>Pectineus</li> <li>Sartorius</li> <li>Adductor longus &amp; adductor brevis</li> </ul> <p><b>Stabilizers:</b></p> <ul style="list-style-type: none"> <li>Rectus Abdominis</li> <li>Obliques</li> </ul> <p><b>Leg lift:</b></p> <ul style="list-style-type: none"> <li>Rectus femoris</li> <li>Iliopsoas</li> <li>TFL</li> <li>Adductors</li> </ul> <p><b>Flexibility:</b></p> <ul style="list-style-type: none"> <li>ROM in shoulders (stabilisation &amp; strength through different ROM)</li> <li>Hip flexors and hamstrings in pike position</li> <li>Lumbar flexion &amp; PPT</li> </ul> <p><b>Grip strength; Forearms</b></p> <p><b>Flexors:</b></p> <ul style="list-style-type: none"> <li>Pollicis longus (thumb flexor)</li> <li>Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</li> </ul> <p><b>Extensors:</b></p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extensor)</li> <li>Extensor digiti minimi (pinkie finger extender)</li> <li>Extensor indicis (index finger extender)</li> <li>Extensor digitorum (all finger extender)</li> </ul>	<p>Shoulder stability</p> <ul style="list-style-type: none"> <li>Scapular positioning &amp; control</li> <li>Understanding AFB Fly Hang height</li> <li>Core control &amp; engagement</li> <li>Lower back control &amp; engagement</li> <li>Toned Abs</li> <li>Solid body base &amp; posture</li> <li>Muscle endurance</li> <li>Reduce lower back pain</li> <li>Grip strength &amp; rotation</li> <li>Preparation for elite aerial skills</li> <li>Breathing control</li> </ul>
Straight alternate full leg lifts = One Arm		10 reps	3:30 - 90 seconds		
	<ul style="list-style-type: none"> <li>- Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight</li> <li>- Set body into Fly Hang height (mid point between scapula elevation &amp; depression)</li> <li>- Set into one arm hanging position (*2 arms then release strap to one arm)</li> <li>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core</li> <li>- Draw the belly button to the spine &amp; round through the hips (maintain posterior pelvic tilt)</li> <li>- Externally rotate shoulders &amp; supinate forearms on the leg lift to inverted position (turn little fingers towards body)</li> <li>- Raise legs to strap level (optional)</li> <li>- Lower legs back down to fly hang position on a 5 second eccentric lowering</li> <li>- Short controlled breaths</li> <li>*Options: Tuck, Straddle, Legs Together</li> <li>*Options: Hold straps in free arm to leg lift &amp; focus on eccentric lowering</li> </ul>	5 reps	3:30 - 90 seconds	<p><b>Strengthen:</b></p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator Cuff muscles</li> <li>Glute engagement</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep and Triceps</li> <li>Latisimus Dorsi</li> <li>Hip Flexors strength</li> </ul> <p><b>Synergists:</b></p> <ul style="list-style-type: none"> <li>Tensor fasciae latae</li> <li>Pectineus</li> <li>Sartorius</li> <li>Adductor longus &amp; adductor brevis</li> </ul> <p><b>Stabilizers:</b></p> <ul style="list-style-type: none"> <li>Rectus Abdominis</li> <li>Obliques</li> </ul> <p><b>Leg lift:</b></p> <ul style="list-style-type: none"> <li>Rectus femoris</li> <li>Iliopsoas</li> <li>TFL</li> <li>Adductors</li> </ul> <p><b>Flexibility:</b></p> <ul style="list-style-type: none"> <li>ROM in shoulders (stabilisation &amp; strength through different ROM)</li> <li>Hip flexors and hamstrings in pike position</li> <li>Lumbar flexion &amp; PPT</li> </ul> <p><b>Grip strength; Forearms</b></p> <p><b>Flexors:</b></p> <ul style="list-style-type: none"> <li>Pollicis longus (thumb flexor)</li> <li>Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</li> </ul> <p><b>Extensors:</b></p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extensor)</li> <li>Extensor digiti minimi (pinkie finger extender)</li> <li>Extensor indicis (index finger extender)</li> <li>Extensor digitorum (all finger extender)</li> </ul>	<p>Shoulder stability</p> <ul style="list-style-type: none"> <li>Scapular positioning &amp; control</li> <li>Understanding AFB Fly Hang height</li> <li>Core control &amp; engagement</li> <li>Lower back control &amp; engagement</li> <li>Toned Abs</li> <li>Solid body base &amp; posture</li> <li>Muscle endurance</li> <li>Reduce lower back pain</li> <li>Grip strength &amp; rotation</li> <li>Preparation for elite aerial skills</li> <li>Breathing control</li> </ul>
Eccentric leg lifts = One Arm		5 reps	3:30 - 90 seconds		

<p>- Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight  - Set body into Fly Hang height (mid point between scapula elevation &amp; depression)  - Set into one arm hanging position (*2 arms then release strap to one arm)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment. rb cage down &amp; engage the core  - Through straight legs raise the feet to strap level and lift foot from side 2 side (hip flexion)  - Drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)  - Externally rotate shoulders &amp; supinate forearms on the lic toes (turn little fingers towards body)  - Short controlled breaths</p>	<p>10 reps</p>		<p>3 30 - 60 seconds</p>	<p><b>Strengthen:</b>  Deltoids  Rotator Cuff muscles  Glute engagement  Core engagement  Obliques  Biceps and Triceps  Latissimus Dorsi  Hip Flexors strength</p> <p><b>Synergists:</b>  Tensor fasciae latae  Pectineus  Sartorius  Adductor longus &amp; adductor brevis</p> <p><b>Stabilisers:</b>  Rectus Abdominis  Obliques</p> <p><b>Leg lift:</b>  Rectus femoris  Biceps  TFL  Adductors</p> <p><b>Flexibility:</b>  ROM in shoulders (stabilisation &amp; strength through different ROM)  Hip flexors and hamstrings in pike position  Lumbar flexion &amp; PPT</p> <p><b>Grip strength; Forearms</b></p> <p><b>Flexors:</b>  Pollicis longus (thumb flexor)  Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>  Extensor pollicis longus and brevis (thumb extender)  Extensor digiti minimi (pinkie finger extender)  Extensor indicis (index finger extender)  Extensor digitorum (all finger extender)</p>	<p>Shoulder stability  Scapular positioning &amp; control  Understanding AFB Fly Hang height  Core control &amp; engagement  Lower back control &amp; engagement  Toned Abs  Solid body base &amp; posture  Muscle endurance  Reduce lower back pain  Grip strength &amp; rotation  Preparation for elite aerial skills  Breathing control</p>
<p>- Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight  - Set body into Fly Hang height (mid point between scapula elevation &amp; depression)  - Set into one arm hanging position (*2 arms then release strap to one arm)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment. rb cage down &amp; engage the core  - Straight fly leg lift and hold in between AFB straps (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)  - Externally rotate shoulders &amp; supinate forearms on the fly leg lift hold (turn little fingers towards body)  - Short controlled breaths</p>	<p>Max hold</p>		<p>3 30 - 60 seconds</p>	<p><b>Strengthen:</b>  Deltoids  Rotator Cuff muscles  Glute engagement  Core engagement  Obliques  Biceps and Triceps  Latissimus Dorsi  Hip Flexors strength</p> <p><b>Synergists:</b>  Tensor fasciae latae  Pectineus  Sartorius  Adductor longus &amp; adductor brevis</p> <p><b>Stabilisers:</b>  Rectus Abdominis  Obliques</p> <p><b>Leg lift:</b>  Rectus femoris  Biceps  TFL  Adductors</p> <p><b>Flexibility:</b>  ROM in shoulders (stabilisation &amp; strength through different ROM)  Hip flexors and hamstrings in pike position  Lumbar flexion &amp; PPT</p> <p><b>Grip strength; Forearms</b></p> <p><b>Flexors:</b>  Pollicis longus (thumb flexor)  Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>  Extensor pollicis longus and brevis (thumb extender)  Extensor digiti minimi (pinkie finger extender)  Extensor indicis (index finger extender)  Extensor digitorum (all finger extender)</p>	<p>Shoulder stability  Scapular positioning &amp; control  Understanding AFB Fly Hang height  Core control &amp; engagement  Lower back control &amp; engagement  Toned Abs  Solid body base &amp; posture  Muscle endurance  Reduce lower back pain  Grip strength &amp; rotation  Preparation for elite aerial skills  Breathing control</p>
<p>- Place the hands shoulder width apart through the inside of the AFB hand loop straps &amp; keep elbows straight  - Set body into Fly Hang height (mid point between scapula elevation &amp; depression)  - Set into one arm hanging position (*2 arms then release strap to one arm)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment. rb cage down &amp; engage the core  - Through straight legs raise the feet in between the AFB hand loop straps (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)  - Externally rotate shoulders &amp; supinate forearms on the leg lift (turn little fingers towards body)  - Short controlled breaths</p>	<p>5 reps</p>		<p>3 30 - 60 seconds</p>	<p><b>Strengthen:</b>  Deltoids  Rotator Cuff muscles  Glute engagement  Core engagement  Obliques  Biceps and Triceps  Latissimus Dorsi  Hip Flexors strength</p> <p><b>Synergists:</b>  Tensor fasciae latae  Pectineus  Sartorius  Adductor longus &amp; adductor brevis</p> <p><b>Stabilisers:</b>  Rectus Abdominis  Obliques</p> <p><b>Leg lift:</b>  Rectus femoris  Biceps  TFL  Adductors</p> <p><b>Flexibility:</b>  ROM in shoulders (stabilisation &amp; strength through different ROM)  Hip flexors and hamstrings in pike position  Lumbar flexion &amp; PPT</p> <p><b>Grip strength; Forearms</b></p> <p><b>Flexors:</b>  Pollicis longus (thumb flexor)  Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b>  Extensor pollicis longus and brevis (thumb extender)  Extensor digiti minimi (pinkie finger extender)  Extensor indicis (index finger extender)  Extensor digitorum (all finger extender)</p>	<p>Shoulder stability  Scapular positioning &amp; control  Understanding AFB Fly Hang height  Core control &amp; engagement  Lower back control &amp; engagement  Toned Abs  Solid body base &amp; posture  Muscle endurance  Reduce lower back pain  Grip strength &amp; rotation  Preparation for elite aerial skills  Breathing control</p>