



CONGRATULATIONS AND WELCOME TO AERIAL FITNESS BODIES!

Firstly, we want to congratulate & welcome you to our AFB community. We are looking forward to our AFB training journey together to learn new bodyweight skills, improve your aerial fitness & overall healthy lifestyle.

Our *All Ability AFB 'Full Body Flow'* has been designed to benefit your aerial hanging technique through safe progressions to achieve more advanced aerial skills.

In order to get the full benefits from the *'Full Body Flow'* it is recommended that you view the *'Introduction video'* & *'Exercise Library'* this will ensure that you have all the required information to begin.

Now we are ready to *'fly into fitness'* on this fun & challenging All Ability AFB *'Full Body Flow'*.

For further help and advice contact the team at: info@aerialfitnessbodies.com

Cheers,

Stustraps

"Let's Fly Into Fitness"