



AFB BACK PLANCHE PROGRESSION APPENDIX

Program Description

The 'Back Planche Progression Tutorial' package includes:

1. Floor 2 Fly Warm Up
2. Back Planche Progression Tutorial
3. Exercise Library

Back Planche Progression Tutorial

The tutorial will begin with our '*Floor 2 Fly*' warm up understanding correct engagements & specific movement patterns for when we fly on our AFB straps.

The 'back planche' program focuses on creative skill progressions to safely achieve the strict front planche skill, overall body strength and improved physical health. We recommend achieving 5 strict aerial *reps/holds* before flying onto the next progression on our AFB straps.

Back Planche Progression Exercise Library

The exercise library is a breakdown of the tutorial, including:

- Skill Progression
- Coaching cues
- Reps
- Flights
- Rest
- Muscular Engagements
- Benefits

Equipment

- AFB Straps
- Safe stable pull up bar

The best way to approach this program:

1. First, carefully read through the exercise library to get a full understanding of the program to be completed.
2. Once you have an understanding of the program then watch the tutorial video and refer to the exercise library to get the correct demonstration of the aerial skills to be completed.
3. Combining both the exercise library and tutorial video will provide all the essential information to successfully complete the 'back planche' program.

The 'back planche' tutorial has been designed to interlink with existing AFB programs to teach you creative aerial fitness skills & improve your overall healthy lifestyle.

Appreciation of your achievements

During your AFB training journey please share your successful & progressional aerial fitness stories with us through photos and videos.

For further information email us at info@aerialfitnessbodies.com

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Let's Fly Into Fitness!

Cheers,
Stustraps