



## AFB ONE ARM LEG LIFT PROGRESSION APPENDIX

### **Program Description**

The 'One Arm Leg Lift Progression Tutorial' package includes:

1. Floor 2 Fly Warm Up
2. One Arm Leg Lift Progression Tutorial
3. Exercise Library

### **One Arm Leg Lift 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 'one arm' program focuses on creative skill progressions to safely achieve the strict one arm leg lift skill, overall body strength and improved physical health. We recommend achieving 5 correct *reps/hold* before flying onto the next progression on our AFB straps.

### **One Arm Leg Lift 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 'one arm leg lift' program.

The 'one arm' 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](mailto:info@aerialfitnessbodies.com)

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**Let's Fly Into Fitness!**

Cheers,  
Stustraps