

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



**Front Planche Progression Tutorial**

**Common Mistakes to Avoid:**

- Bending arms
- \*Maintain straight elbows and block through the strap with the wrist grip
- Arch lower back
- \*Maintain strong & controlled core engagement as you lower or lift into the FP position
- Maintain scapula position
- \*Retract & Depress Scapulas
- \*Progressions = hip flexion to hip extension

**\*Our 'Front Planche' progressions can be interlinked with our AFB specialised programs**  
**\*Recommendation = 3 x week**

**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 warm up needs)	REST (adjust to personal needs)	MUSCULAR ENGAGEMENTS	BENEFITS
<b>Dish Hold</b>	<ul style="list-style-type: none"> <li>- Begin by laying on your back with arms above head</li> <li>- Irradiate throughout the body (50%)</li> <li>- Lift the arms and legs together to dish hold position keeping lower back to the floor</li> <li>- Push hands and toes away to elongate solid dish position</li> <li>- Hold dish position maintaining core engagement</li> <li>- Controlled breathing</li> </ul>	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
<b>Dish Hold Rocks</b>	<ul style="list-style-type: none"> <li>- Begin by laying on your back with arms above head</li> <li>- Irradiate throughout the body (50%)</li> <li>- Lift the arms and legs together to dish hold position keeping lower back to the floor</li> <li>- Slowly rock backwards and forwards (vertebrae by vertebrae)</li> <li>- Controlled breathing</li> </ul>	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
<b>Dish Hold Angals</b>	<ul style="list-style-type: none"> <li>- Begin by laying on your back with arms above head</li> <li>- Irradiate throughout the body (50%)</li> <li>- Lift the arms and legs together to dish hold position keeping lower back to the floor</li> <li>- Slowly raise the arms up &amp; down to the side of the body</li> <li>- Controlled breathing</li> </ul>	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
<b>Dish hold arms in FP resistance</b>	<ul style="list-style-type: none"> <li>- Begin by laying on your back with arms above head</li> <li>- Irradiate throughout the body (50%)</li> <li>- Lift the arms and legs together to dish hold position keeping lower back to the floor</li> <li>- Slowly raise the arms up &amp; down to the side of the body</li> <li>- Controlled breathing</li> </ul>	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
<b>Resistance Band FP Drills</b>					Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals	
<b>Tempos</b>	<ul style="list-style-type: none"> <li>- Begin by facing toward the wall bar &amp; hold resistance band</li> <li>- Irradiate / tension throughout the body</li> <li>- Keep arms straight, hold resistance band &amp; tempo arms past the hips</li> <li>- Place feet in desired position of resistance</li> <li>- Controlled breathing</li> </ul>	20 tempos		1 Flow	Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension Grip strength; Forearms	Shoulder stability Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Grip strength & rotation Muscle endurance Preparation for elite aerial skills Breathing control
<b>Circles</b>	<ul style="list-style-type: none"> <li>- Begin by facing toward the wall bar &amp; hold resistance band</li> <li>- Irradiate throughout the body</li> <li>- Keep arms straight, hold resistance band &amp; circle arms by the hips</li> <li>- Place feet in desired position of resistance</li> <li>- Controlled breathing</li> </ul>	10 both ways		1 Flow	Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension Grip strength; Forearms	Shoulder stability Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Grip strength & rotation Muscle endurance Preparation for elite aerial skills Breathing control
<b>Hold</b>	<ul style="list-style-type: none"> <li>- Begin by facing toward the wall bar &amp; hold resistance band</li> <li>- Irradiate throughout the body</li> <li>- Keep arms straight, hold resistance band &amp; hold by the hips</li> <li>- Place feet in desired position of resistance</li> <li>- Controlled breathing</li> </ul>	Max hold		1 Flow	Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension Grip strength; Forearms	Shoulder stability Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Grip strength & rotation Muscle endurance Preparation for elite aerial skills Breathing control

<b>FRONT PLANCHE (FP) PROGRESSIONS</b>	<b>COACHING CUES</b>	<b>REPS</b> Once you feel safe & comfortable: - 5 reps - 8 seconds hold = Fly onto the next progression	<b>FLIGHTS</b>	<b>REST</b> (adjust to personal needs)	<b>MUSCULAR ENGAGEMENTS</b>	<b>BENEFITS</b>
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Assisted FP Flights Options: Stability Ball, stable surface					
					<p><b>Strengths:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Biceps &amp; Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Erector Spinae</p> <p><b>Flexibility:</b> ROM in shoulders (stabilisation &amp; strength through different ROM) Hip extension</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>
Feet on stability ball hold	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Place feet on stability ball</li> <li>- Squeeze core as you pull up into FP position &amp; block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulae are retracted &amp; depressed</li> <li>- Feel the horizontal FP position &amp; muscle engagements - driving shoulders and feet away - lengthening body</li> <li>- Short controlled breaths</li> </ul>	Max hold	3	30 - 90 seconds	<p><b>Shoulder stability</b> Flexibility Scapular positioning &amp; control Core control &amp; engagement Lower back control &amp; engagement Toned Abs Solid body base &amp; posture Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
Feet on stability ball alternate leg lifts	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Place feet on stability ball &amp; alternate leg lifts</li> <li>- Squeeze core as you pull up into FP position &amp; block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulae are retracted &amp; depressed</li> <li>- Feel the horizontal FP position &amp; muscle engagements - driving shoulders and feet away - lengthening body</li> <li>- Short controlled breaths</li> </ul>	10 reps		30 - 90 seconds	<p><b>Shoulder stability</b> Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
Low rows on stability ball	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Place feet on stability ball &amp; pull chest to straps level maintaining straight body alignment</li> <li>- Squeeze core as you pull up into FP position &amp; block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulae are retracted &amp; depressed</li> <li>- Feel the horizontal FP position &amp; muscle engagements - driving shoulders and feet away - lengthening body</li> <li>- Short controlled breaths</li> </ul>	10 reps		30 - 90 seconds	<p><b>Shoulder stability</b> Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
Stability ball bounces	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Place feet on stability ball &amp; perform small bounces to feel the weight of the FP position</li> <li>- Squeeze core as you pull up into FP position &amp; block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulae are retracted &amp; depressed</li> <li>- Feel the horizontal FP position &amp; muscle engagements - driving shoulders and feet away - lengthening body</li> <li>- Short controlled breaths</li> </ul>	Max reps	3		<p><b>Shoulder stability</b> Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
Resistance Band FP Flights					
FP Tempos	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Place feet in resistance band &amp; tempo up to FP</li> <li>- Squeeze core as you pull up into FP position &amp; block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulae are retracted &amp; depressed</li> <li>- Feel the horizontal FP position &amp; muscle engagements - driving shoulders and feet away - lengthening body</li> <li>- Short controlled breaths</li> </ul>	Max tempos		30 - 90 seconds	<p><b>Shoulder stability</b> Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>

<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</p> <p>- Place feet in resistance band &amp; hold FP position</p> <p>- Squeeze core as you pull up into FP position &amp; block through the straps with your wrists &amp; forearms</p> <p>- Maintain straight elbows &amp; shoulder stability</p> <p>- Scapulas are retracted &amp; depressed</p> <p>- Feel the horizontal FP position &amp; muscle engagements - driving shoulders and feet away - lengthening body</p> <p>- Short controlled breaths</p>	<p>Max hold</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Hamstrings</li> <li>Calf muscles</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Lattissimus Dorsi</li> <li>Pectorals</li> <li>Erector Spinae</li> </ul> <p>Flexibility:</p> <p>ROM in shoulders (stabilisation &amp; strength through different ROM)</p> <p>Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:</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>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</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> <p>Flexibility</p> <p>Scapular positioning &amp; control</p> <p>Understanding AFB Fly Hang' height</p> <p>Core control &amp; engagement</p> <p>Lower back control &amp; engagement</p> <p>Toned Abs</p> <p>Solid body base &amp; posture</p> <p>Grip strength &amp; rotation</p> <p>Pulling strength</p> <p>Muscle endurance</p> <p>Preparation for elite aerial skills</p> <p>Breathing control</p>
<b>Inverted Lower to FP</b>					
<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</p> <p>- Lift up to inverted position</p> <p>- Squeeze core as you lower down into tuck FP horizontal position &amp; block through the straps with your wrists &amp; forearms</p> <p>- Maintain straight elbows &amp; shoulder stability</p> <p>- Scapulas are retracted &amp; depressed</p> <p>- From horizontal position drive back up through the hips &amp; blocking against straps to inverted position - maintain core control &amp; engagement</p> <p>- Short controlled breaths</p>	<p>5 reps</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Hamstrings</li> <li>Calf muscles</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Lattissimus Dorsi</li> <li>Pectorals</li> <li>Erector Spinae</li> </ul> <p>Flexibility:</p> <p>ROM in shoulders (stabilisation &amp; strength through different ROM)</p> <p>Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:</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>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</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> <p>Flexibility</p> <p>Scapular positioning &amp; control</p> <p>Understanding AFB Fly Hang' height</p> <p>Core control &amp; engagement</p> <p>Lower back control &amp; engagement</p> <p>Toned Abs</p> <p>Solid body base &amp; posture</p> <p>Grip strength &amp; rotation</p> <p>Pulling strength</p> <p>Muscle endurance</p> <p>Preparation for elite aerial skills</p> <p>Breathing control</p>
<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</p> <p>- Lift up to inverted position</p> <p>- Squeeze core as you lower down into open tuck FP horizontal position &amp; block through the straps with your wrists &amp; forearms</p> <p>- Maintain straight elbows &amp; shoulder stability</p> <p>- Scapulas are retracted &amp; depressed</p> <p>- From horizontal position drive back up through the hips &amp; blocking against straps to inverted position - maintain core control &amp; engagement</p> <p>- Short controlled breaths</p>	<p>5 reps</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Hamstrings</li> <li>Calf muscles</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Lattissimus Dorsi</li> <li>Pectorals</li> <li>Erector Spinae</li> </ul> <p>Flexibility:</p> <p>ROM in shoulders (stabilisation &amp; strength through different ROM)</p> <p>Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:</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>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</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> <p>Flexibility</p> <p>Scapular positioning &amp; control</p> <p>Understanding AFB Fly Hang' height</p> <p>Core control &amp; engagement</p> <p>Lower back control &amp; engagement</p> <p>Toned Abs</p> <p>Solid body base &amp; posture</p> <p>Grip strength &amp; rotation</p> <p>Pulling strength</p> <p>Muscle endurance</p> <p>Preparation for elite aerial skills</p> <p>Breathing control</p>
<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</p> <p>- Lift up to inverted position</p> <p>- Squeeze core as you lower down into 1 leg straight FP horizontal position &amp; block through the straps with your wrists &amp; forearms - alternate legs</p> <p>- Maintain straight elbows &amp; shoulder stability</p> <p>- Scapulas are retracted &amp; depressed</p> <p>- From horizontal position drive back up through the hips &amp; blocking against straps to inverted position - maintain core control &amp; engagement</p> <p>- Short controlled breaths</p>	<p>5 reps</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Hamstrings</li> <li>Calf muscles</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Lattissimus Dorsi</li> <li>Pectorals</li> <li>Erector Spinae</li> </ul> <p>Flexibility:</p> <p>ROM in shoulders (stabilisation &amp; strength through different ROM)</p> <p>Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:</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>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</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> <p>Flexibility</p> <p>Scapular positioning &amp; control</p> <p>Understanding AFB Fly Hang' height</p> <p>Core control &amp; engagement</p> <p>Lower back control &amp; engagement</p> <p>Toned Abs</p> <p>Solid body base &amp; posture</p> <p>Grip strength &amp; rotation</p> <p>Pulling strength</p> <p>Muscle endurance</p> <p>Preparation for elite aerial skills</p> <p>Breathing control</p>
<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</p> <p>- Lift up to inverted position</p> <p>- Squeeze core as you lower down into flexed straddle FP horizontal position &amp; block through the straps with your wrists &amp; forearms</p> <p>- Maintain straight elbows &amp; shoulder stability</p> <p>- Scapulas are retracted &amp; depressed</p> <p>- From horizontal position drive back up through the hips &amp; blocking against straps to inverted position - maintain core control &amp; engagement</p> <p>- Short controlled breaths</p>	<p>5 reps</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Hamstrings</li> <li>Calf muscles</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Lattissimus Dorsi</li> <li>Pectorals</li> <li>Erector Spinae</li> </ul> <p>Flexibility:</p> <p>ROM in shoulders (stabilisation &amp; strength through different ROM)</p> <p>Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:</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>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</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> <p>Flexibility</p> <p>Scapular positioning &amp; control</p> <p>Understanding AFB Fly Hang' height</p> <p>Core control &amp; engagement</p> <p>Lower back control &amp; engagement</p> <p>Toned Abs</p> <p>Solid body base &amp; posture</p> <p>Grip strength &amp; rotation</p> <p>Pulling strength</p> <p>Muscle endurance</p> <p>Preparation for elite aerial skills</p> <p>Breathing control</p>
<b>Straddle: 1. Hip slightly flexed</b>					

<p><b>Straddle: 2. Hips extended</b></p>	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Lift up to inverted position</li> <li>- Squeeze core as you lower down into extended straddle FP horizontal position &amp; block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulas are retracted &amp; depressed</li> <li>- From horizontal position drive back up through the hips &amp; blocking against straps to inverted position - maintain core control &amp; engagement</li> <li>- Short controlled breaths</li> </ul>	<p>5 reps</p>	<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep &amp; Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Erector Spinae</p> <p><b>Flexibility:</b> ROM in shoulders (stabilisation &amp; strength through different ROM) Hip extension</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 Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p><b>Legs together</b></p>	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Lift up to inverted position</li> <li>- Squeeze core as you lower down into legs together FP horizontal position &amp; block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulas are retracted &amp; depressed</li> <li>- From horizontal position drive back up through the hips &amp; blocking against straps to inverted position - maintain core control &amp; engagement</li> <li>- Short controlled breaths</li> </ul>	<p>5 reps</p>	<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep &amp; Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Erector Spinae</p> <p><b>Flexibility:</b> ROM in shoulders (stabilisation &amp; strength through different ROM) Hip extension</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 Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p><b>FP Eccentric Lowering: 8 seconds</b></p>	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Lift up to inverted position</li> <li>- Squeeze core as you lower down into tuck FP horizontal position &amp; block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulas are retracted &amp; depressed</li> <li>- 5 second lowering to the floor maintaining straight body shape - kick, roll, planche back up to inverted position - repeat</li> <li>- Short controlled breaths</li> </ul>	<p>5 eccentric lower 2 floor</p>	<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep &amp; Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Erector Spinae</p> <p><b>Flexibility:</b> ROM in shoulders (stabilisation &amp; strength through different ROM) Hip extension</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 Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p><b>Tuck</b></p>	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Lift up to inverted position</li> <li>- Squeeze core as you lower down into open tuck FP horizontal position &amp; block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulas are retracted &amp; depressed</li> <li>- 5 second lowering to the floor maintaining straight body shape - kick, roll, planche back up to inverted position - repeat</li> <li>- Short controlled breaths</li> </ul>	<p>5 eccentric lower 2 floor</p>	<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep &amp; Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Erector Spinae</p> <p><b>Flexibility:</b> ROM in shoulders (stabilisation &amp; strength through different ROM) Hip extension</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 Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p><b>Open tuck</b></p>	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Lift up to inverted position</li> <li>- Squeeze core as you lower down into open tuck FP horizontal position &amp; block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulas are retracted &amp; depressed</li> <li>- 5 second lowering to the floor maintaining straight body shape - kick, roll, planche back up to inverted position - repeat</li> <li>- Short controlled breaths</li> </ul>	<p>5 eccentric lower 2 floor</p>	<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep &amp; Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Erector Spinae</p> <p><b>Flexibility:</b> ROM in shoulders (stabilisation &amp; strength through different ROM) Hip extension</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 Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p><b>1 leg straight - alternate legs</b></p>	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Lift up to inverted position</li> <li>- Squeeze core as you lower down into 1 leg straight FP horizontal position &amp; block through the straps with your wrists &amp; forearms - alternate legs</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulas are retracted &amp; depressed</li> <li>- 5 second lowering to the floor maintaining straight body shape - kick, roll, planche back up to inverted position - repeat</li> <li>- Short controlled breaths</li> </ul>	<p>5 eccentric lower 2 floor</p>	<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep &amp; Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Erector Spinae</p> <p><b>Flexibility:</b> ROM in shoulders (stabilisation &amp; strength through different ROM) Hip extension</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 Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>

<p><b>Straddle:</b> <b>1. Hip slightly flexed</b></p>	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Lift up to inverted position</li> <li>- Squeeze core as you lower down into flexed straddle FP horizontal position &amp; block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulas are retracted &amp; depressed</li> <li>- 5 second lowering to the floor maintaining straight body shape - kick, roll, planche back up to inverted position - repeat</li> <li>- Short controlled breaths</li> </ul>	<p>5 eccentric lower 2 floor</p>	<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep &amp; Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Erector Spinae</p> <p><b>Flexibility:</b> ROM in shoulders (stabilisation &amp; strength through different ROM) Hip extension</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 Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p><b>Straddle:</b> <b>2. Hips extended</b></p>	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Lift up to inverted position</li> <li>- Squeeze core as you lower down into extended straddle FP horizontal position &amp; block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulas are retracted &amp; depressed</li> <li>- 5 second lowering to the floor maintaining straight body shape - kick, roll, planche back up to inverted position - repeat</li> <li>- Short controlled breaths</li> </ul>	<p>5 eccentric lower 2 floor</p>	<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep &amp; Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Erector Spinae</p> <p><b>Flexibility:</b> ROM in shoulders (stabilisation &amp; strength through different ROM) Hip extension</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 Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p><b>Legs together</b></p>	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Lift up to inverted position</li> <li>- Squeeze core as you lower down into legs together FP horizontal position &amp; block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows &amp; shoulder stability</li> <li>- Scapulas are retracted &amp; depressed</li> <li>- 5 second lowering to the floor maintaining straight body shape - kick, roll, planche back up to inverted position - repeat</li> <li>- Short controlled breaths</li> </ul>	<p>5 eccentric lower 2 floor</p>	<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep &amp; Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Erector Spinae</p> <p><b>Flexibility:</b> ROM in shoulders (stabilisation &amp; strength through different ROM) Hip extension</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 Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<b>From The Floor FP Tempos</b>					
<p><b>Tuck</b></p>	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Squeeze core as you pull up into tuck position and block through the straps with your wrists</li> <li>- Hit the horizontal shape for a second, maintain straight body shape &amp; control the lower back to the bent arm fly hang position &amp; repeat tempo</li> <li>- Maintain straight elbows, shoulder stability &amp; scapulas are retracted &amp; depressed &amp; drive the hips up to the legs together horizontal position</li> <li>- Short controlled breaths</li> </ul>	<p>5 tempos</p>	<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep &amp; Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Erector Spinae</p> <p><b>Flexibility:</b> ROM in shoulders (stabilisation &amp; strength through different ROM) Hip extension</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 Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p><b>Open tuck</b></p>	<ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Squeeze core as you pull up into open tuck FP position and block through the straps with your wrists</li> <li>- Hit the horizontal shape for a second, maintain straight body shape &amp; control the lower back to the bent arm fly hang position &amp; repeat tempo</li> <li>- Maintain straight elbows, shoulder stability &amp; scapulas are retracted &amp; depressed &amp; drive the hips up to the legs together horizontal position</li> <li>- Short controlled breaths</li> </ul>	<p>5 tempos</p>	<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep &amp; Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Erector Spinae</p> <p><b>Flexibility:</b> ROM in shoulders (stabilisation &amp; strength through different ROM) Hip extension</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 Flexibility 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 Grip strength &amp; rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>

<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</p> <p>- Squeeze core as you pull up into 1 leg straight FP position and block through the straps with your wrists - alternate legs</p> <p>- Hit the horizontal shape for a second, maintain straight body shape &amp; control the lower back to the bent arm fly hang position &amp; repeat tempo</p> <p>- Maintain straight elbows, shoulder stability &amp; scapulas are retracted &amp; depressed &amp; drive the hips up to the legs together horizontal position</p> <p>- Short controlled breaths</p>	<p>5 tempos</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Hamstrings</li> <li>Calf muscles</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Latisimus Dorsi</li> <li>Pectorals</li> <li>Erector Spinae</li> </ul> <p>Flexibility:</p> <p>ROM in shoulders (stabilisation &amp; strength through different ROM)</p> <p>Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:</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>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</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> <p>Flexibility</p> <p>Scapular positioning &amp; control</p> <p>Understanding AFB Fly Hang height</p> <p>Core control &amp; engagement</p> <p>Lower back control &amp; engagement</p> <p>Toned Abs</p> <p>Solid body base &amp; posture</p> <p>Grip strength &amp; rotation</p> <p>Pulling strength</p> <p>Muscle endurance</p> <p>Preparation for elite aerial skills</p> <p>Breathing control</p>
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<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</p> <p>- Squeeze core as you pull up into straddle flexed FP position and block through the straps with your wrists</p> <p>- Hit the horizontal shape for a second, maintain straight body shape &amp; control the lower back to the bent arm fly hang position &amp; repeat tempo</p> <p>- Maintain straight elbows, shoulder stability &amp; scapulas are retracted &amp; depressed &amp; drive the hips up to the legs together horizontal position</p> <p>- Short controlled breaths</p>	<p>5 tempos</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Hamstrings</li> <li>Calf muscles</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Latisimus Dorsi</li> <li>Pectorals</li> <li>Erector Spinae</li> </ul> <p>Flexibility:</p> <p>ROM in shoulders (stabilisation &amp; strength through different ROM)</p> <p>Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:</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>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</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> <p>Flexibility</p> <p>Scapular positioning &amp; control</p> <p>Understanding AFB Fly Hang height</p> <p>Core control &amp; engagement</p> <p>Lower back control &amp; engagement</p> <p>Toned Abs</p> <p>Solid body base &amp; posture</p> <p>Grip strength &amp; rotation</p> <p>Pulling strength</p> <p>Muscle endurance</p> <p>Preparation for elite aerial skills</p> <p>Breathing control</p>
<p><b>Straddle: 1. Hip slightly flexed</b></p>					
<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</p> <p>- Squeeze core as you pull up into straddle extended FP position and block through the straps with your wrists</p> <p>- Hit the horizontal shape for a second, maintain straight body shape &amp; control the lower back to the bent arm fly hang position &amp; repeat tempo</p> <p>- Maintain straight elbows, shoulder stability &amp; scapulas are retracted &amp; depressed &amp; drive the hips up to the legs together horizontal position</p> <p>- Short controlled breaths</p>	<p>5 tempos</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Hamstrings</li> <li>Calf muscles</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Latisimus Dorsi</li> <li>Pectorals</li> <li>Erector Spinae</li> </ul> <p>Flexibility:</p> <p>ROM in shoulders (stabilisation &amp; strength through different ROM)</p> <p>Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:</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>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</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> <p>Flexibility</p> <p>Scapular positioning &amp; control</p> <p>Understanding AFB Fly Hang height</p> <p>Core control &amp; engagement</p> <p>Lower back control &amp; engagement</p> <p>Toned Abs</p> <p>Solid body base &amp; posture</p> <p>Grip strength &amp; rotation</p> <p>Pulling strength</p> <p>Muscle endurance</p> <p>Preparation for elite aerial skills</p> <p>Breathing control</p>
<p><b>Straddle: 2. Hips extended</b></p>					
<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</p> <p>- Squeeze core as you pull up into legs together FP position and block through the straps with your wrists</p> <p>- Hit the horizontal shape for a second, maintain straight body shape &amp; control the lower back to the bent arm fly hang position &amp; repeat tempo</p> <p>- Maintain straight elbows, shoulder stability &amp; scapulas are retracted &amp; depressed &amp; drive the hips up to the legs together horizontal position</p> <p>- Short controlled breaths</p>	<p>5 tempos</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Hamstrings</li> <li>Calf muscles</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Latisimus Dorsi</li> <li>Pectorals</li> <li>Erector Spinae</li> </ul> <p>Flexibility:</p> <p>ROM in shoulders (stabilisation &amp; strength through different ROM)</p> <p>Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:</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>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</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> <p>Flexibility</p> <p>Scapular positioning &amp; control</p> <p>Understanding AFB Fly Hang height</p> <p>Core control &amp; engagement</p> <p>Lower back control &amp; engagement</p> <p>Toned Abs</p> <p>Solid body base &amp; posture</p> <p>Grip strength &amp; rotation</p> <p>Pulling strength</p> <p>Muscle endurance</p> <p>Preparation for elite aerial skills</p> <p>Breathing control</p>
<p><b>Legs together</b></p>					
<p><b>FP Max Holds</b></p>					
<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</p> <p>- Squeeze &amp; control core as you pull up into tuck FP position &amp; hold</p> <p>- Drive shoulder &amp; hips away - elongate horizontal position</p> <p>- Block through the straps with your wrists &amp; forearms</p> <p>- Maintain straight elbows, shoulder stability &amp; scapulas are retracted &amp; depressed</p> <p>- Short controlled breaths</p>	<p>Max hold</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:</p> <ul style="list-style-type: none"> <li>Deltoids</li> <li>Rotator cuff muscles</li> <li>Serratus anterior</li> <li>Glute engagement</li> <li>Hamstrings</li> <li>Calf muscles</li> <li>Core engagement</li> <li>Obliques</li> <li>Bicep &amp; Triceps</li> <li>Rhomboids</li> <li>Trapezius</li> <li>Latisimus Dorsi</li> <li>Pectorals</li> <li>Erector Spinae</li> </ul> <p>Flexibility:</p> <p>ROM in shoulders (stabilisation &amp; strength through different ROM)</p> <p>Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:</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>Extensors:</p> <ul style="list-style-type: none"> <li>Extensor pollicis longus and brevis (thumb extender)</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> <p>Flexibility</p> <p>Scapular positioning &amp; control</p> <p>Understanding AFB Fly Hang height</p> <p>Core control &amp; engagement</p> <p>Lower back control &amp; engagement</p> <p>Toned Abs</p> <p>Solid body base &amp; posture</p> <p>Grip strength &amp; rotation</p> <p>Pulling strength</p> <p>Muscle endurance</p> <p>Preparation for elite aerial skills</p> <p>Breathing control</p>
<p><b>Tuck</b></p>					

<p>Open tuck</p> <ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Squeeze &amp; control core as you pull up into open tuck FP position &amp; hold</li> <li>- Drive shoulder &amp; knees away - elongate horizontal position</li> <li>- Block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows, shoulder stability &amp; scapulas are retracted &amp; depressed</li> <li>- Short controlled breaths</li> </ul>	<p>Max hold</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:          Deltoids          Rotator cuff muscles          Serratus anterior          Glute engagement          Hamstrings          Calf muscles          Core engagement          Obliques          Bicep &amp; Triceps          Rhomboids          Trapezius          Latissimus Dorsi          Pectorals          Erector Spinae</p> <p>Flexibility:          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors:          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          Flexibility          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          Grip strength &amp; rotation          Pulling strength          Muscle endurance          Preparation for elite aerial skills          Breathing control</p>
<p>1 leg straight - alternate legs</p> <ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Squeeze &amp; control core as you pull up into 1 leg straight FP position &amp; hold</li> <li>- Drive shoulder &amp; leg away - elongate horizontal position</li> <li>- Block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows, shoulder stability &amp; scapulas are retracted &amp; depressed</li> <li>- Short controlled breaths</li> </ul>	<p>Max hold</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:          Deltoids          Rotator cuff muscles          Serratus anterior          Glute engagement          Hamstrings          Calf muscles          Core engagement          Obliques          Bicep &amp; Triceps          Rhomboids          Trapezius          Latissimus Dorsi          Pectorals          Erector Spinae</p> <p>Flexibility:          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors:          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          Flexibility          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          Grip strength &amp; rotation          Pulling strength          Muscle endurance          Preparation for elite aerial skills          Breathing control</p>
<p>Straddle: 1. Hip slightly flexed</p> <ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Squeeze &amp; control core as you pull up into flexed straddle FP position &amp; hold</li> <li>- Drive shoulder &amp; straddle legs away - elongate horizontal position</li> <li>- Block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows, shoulder stability &amp; scapulas are retracted &amp; depressed</li> <li>- Short controlled breaths</li> </ul>	<p>Max hold</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:          Deltoids          Rotator cuff muscles          Serratus anterior          Glute engagement          Hamstrings          Calf muscles          Core engagement          Obliques          Bicep &amp; Triceps          Rhomboids          Trapezius          Latissimus Dorsi          Pectorals          Erector Spinae</p> <p>Flexibility:          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors:          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          Flexibility          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          Grip strength &amp; rotation          Pulling strength          Muscle endurance          Preparation for elite aerial skills          Breathing control</p>
<p>Straddle: 2. Hips extended</p> <ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Squeeze &amp; control core as you pull up into extended straddle FP position &amp; hold</li> <li>- Drive shoulder &amp; straddle legs away - elongate horizontal position</li> <li>- Block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows, shoulder stability &amp; scapulas are retracted &amp; depressed</li> <li>- Short controlled breaths</li> </ul>	<p>Max hold</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:          Deltoids          Rotator cuff muscles          Serratus anterior          Glute engagement          Hamstrings          Calf muscles          Core engagement          Obliques          Bicep &amp; Triceps          Rhomboids          Trapezius          Latissimus Dorsi          Pectorals          Erector Spinae</p> <p>Flexibility:          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors:          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          Flexibility          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          Grip strength &amp; rotation          Pulling strength          Muscle endurance          Preparation for elite aerial skills          Breathing control</p>
<p>Legs together</p> <ul style="list-style-type: none"> <li>- Set AFB straps at shoulder width apart and place hands on the inside of the strap</li> <li>- Squeeze &amp; control core as you pull up into legs together FP position &amp; hold</li> <li>- Drive shoulder &amp; legs away - elongate horizontal position</li> <li>- Block through the straps with your wrists &amp; forearms</li> <li>- Maintain straight elbows, shoulder stability &amp; scapulas are retracted &amp; depressed</li> <li>- Short controlled breaths</li> </ul>	<p>Max hold</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen:          Deltoids          Rotator cuff muscles          Serratus anterior          Glute engagement          Hamstrings          Calf muscles          Core engagement          Obliques          Bicep &amp; Triceps          Rhomboids          Trapezius          Latissimus Dorsi          Pectorals          Erector Spinae</p> <p>Flexibility:          ROM in shoulders (stabilisation &amp; strength through different ROM)          Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors:          Pollicis longus (thumb flexor)          Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors:          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          Flexibility          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          Grip strength &amp; rotation          Pulling strength          Muscle endurance          Preparation for elite aerial skills          Breathing control</p>