



**One Arm Meathook  
Progression Tutorial**

**\*Our 'One Arm Meathook' 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 in the back & ease into cage as you pull  
 \*Maintain engaged core & keep ribs down and in  
 - Breaking the connection with the hips & forearm  
 \*Maintain connection with forearm & hips  
**FOCUS:** External shoulder rotation, forearm supination, hip rotation, free arm drive down for balance, eyes on toes, straight arms & legs

**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	<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
Dish Hold Rocks	<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
Dish Hold Angels	<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
Dish Hold Sky Reaches	<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 to the sky and block away</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
Dish Hip Drives	<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>- Lift legs so toes are pointing to sky &amp; drive hips off the floor</li> <li>- Keep arms behind head and engage lower ab to drive feet up</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
Pike Over - Pike Stretch - Pike Hip Flexor	<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 - legs in straddle position</li> <li>- Hold dish position maintaining core engagement</li> <li>- Straddle feet over the head (light straddle) &amp; lower back down vertebrae by vertebrae dish position</li> <li>- Rise upper body keeping arms behind head &amp; lower to a pike stretch (belly button to knees)</li> <li>- Place hands by heels &amp; lift feet off the floor- engage hip flexors (legs straight)</li> <li>- Repeat</li> <li>- Controlled breathing</li> </ul>	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	<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 - legs in straddle position</li> <li>- Hold dish position maintaining core engagement</li> <li>- Straddle feet over the head (light straddle) &amp; lower back down vertebrae by vertebrae dish position</li> <li>- Rise upper body keeping arms behind head &amp; lower to a straddle stretch (belly button to floor)</li> <li>- Place hands in between feet (heel level) &amp; lift feet off the floor- engage hip flexors (legs straight)</li> <li>- Repeat</li> <li>- Controlled breathing</li> </ul>	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

TWO ARM MEATHOOK PROGRESSIONS	COACHING CUES	REPS (adjust to personal needs) 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)	<ul style="list-style-type: none"> <li>- Set AFB straps shoulder width apart, place hands on the inside of the AFB straps, grab lightly above the loop onto the strap &amp; keep elbows straight</li> <li>- Sit into the weight bearing position, stabilize shoulders and scapula with slight wrist rotation inwards the strap (little finger towards = shoulder external rotation &amp; forearm supination)</li> <li>- Keep a straight shoulder alignment, no cage down and slowly lift feet off the floor</li> <li>- 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</li> <li>- Short controlled breaths</li> </ul>	Max hold		3:30 - 90 seconds	<b>Strengths:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi  <b>Flexibility:</b> ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Grip strength: Forearms  <b>Flexors:</b> Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)  <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)	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)	<ul style="list-style-type: none"> <li>- Set body into Fly Hang height (mid point between scapula elevation &amp; depression)</li> <li>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, no cage down and slowly lift feet off the floor</li> <li>- Engage delta, lats and the core</li> <li>- Elevate (shrug) and depress (lower) the scapula = shoulder shrugs</li> <li>- Externally rotate shoulders &amp; supinate forearms on the shrug (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	10 reps		3:30 - 90 seconds	<b>Strengths:</b> Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi  <b>Flexibility:</b> ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Grip strength: Forearms  <b>Flexors:</b> Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)  <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)	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 the strap (little finger towards = shoulder external rotation &amp; forearm supination)</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>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Biceps &amp; Triceps Rhomboids Trapezius Latissimus Dorsi</p> <p>Flexibility: ROM in shoulders (stabilisation &amp; strength through different ROM) Hip flexors and hamstrings in pike position 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>Understanding AFB 'Fly Hang' Shoulder stability Scapular positioning &amp; control Core control &amp; engagement Lower back control &amp; engagement Grip strength &amp; rotation 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>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core</p> <p>- 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)</p> <p>- Externally rotate shoulders &amp; supinate forearms on the leg lift (turn little fingers towards body)</p> <p>- Short controlled breaths</p>	<p>10 reps</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Latissimus Dorsi Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus &amp; adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Iliopsoas TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation &amp; strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion &amp; PPT 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 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>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core</p> <p>- Alternate feet and raise 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)</p> <p>- Externally rotate shoulders &amp; supinate forearms on the alternate leg lift (turn little fingers towards body)</p> <p>- Short controlled breaths</p>	<p>20 reps</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus &amp; adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Iliopsoas TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation &amp; strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion &amp; PPT 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 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>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core</p> <p>- Draw the belly button to the spine &amp; round through the hips (maintain posterior pelvic tilt)</p> <p>- Externally rotate shoulders &amp; supinate forearms on the leg lift to inverted position (turn little fingers towards body)</p> <p>- Raise legs to pike inverted position (optional)</p> <p>- Lower legs back down to fly hang position on a 5 second eccentric lowering</p> <p>- Short controlled breaths</p> <p>*Options: Kick up to inverted position, tuck up to inverted position, leg lift up to inverted position</p>	<p>5 reps</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Latissimus Dorsi Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus &amp; adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Iliopsoas TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation &amp; strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion &amp; PPT 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 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><b>Fly leg lift hold: max hold</b></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>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, (b) cage down &amp; engage the core</li> <li>- 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)</li> <li>- Externally rotate shoulders &amp; supinate forearms on the fly leg lift hold (turn little fingers towards body)</li> <li>- Short controlled breathe</li> </ul>	<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 hamstring 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><b>Fly leg lift tic tocs</b></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>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, (b) cage down &amp; engage the core</li> <li>- Through straight legs raise the feet to strap level and tic tocs from side 2 side (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)</li> <li>- Externally rotate shoulders &amp; supinate forearms on the tic tocs (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	<p>20 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 hamstring 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><b>Leg lift to meathook side 2 side</b></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>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, (b) cage down &amp; engage the core</li> <li>- Through straight legs raise the feet to strap level &amp; rotate over to meathook position</li> <li>- Rotate bottom hip up &amp; over - tight pike compression = lock position</li> <li>- Externally rotate shoulders &amp; supinate forearm (turn little fingers towards body)</li> <li>- Keep forearm connected to hips</li> <li>- Exit through a tight pike &amp; rotate across to opposite arm</li> <li>- Short controlled breathe</li> </ul>	<p>5 reps each side</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 hamstring 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><b>Leg lift to meathook - eccentric lowering 5 seconds</b></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>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, (b) cage down &amp; engage the core</li> <li>- Through straight legs raise the feet to strap level &amp; rotate over to meathook position</li> <li>- Rotate bottom hip up &amp; over - tight pike compression = lock position</li> <li>- Externally rotate shoulders &amp; supinate forearm (turn little fingers towards body)</li> <li>- Keep forearm connected to hips</li> <li>- Exit through a tight pike &amp; eccentrically lower to fly hang position</li> <li>- Short controlled breathe</li> <li>- Both arms</li> </ul>	<p>5 reps both arms</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 hamstring 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><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 site aerial skills Breathing control</p>
<b>Leg lift to meathook - 1/2 way out and pull back in</b>	<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>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core</li> <li>- Through straight legs raise the feet to strap level &amp; rotate over to meathook position</li> <li>- Rotate bottom hip up &amp; over - light pike compression = lock position</li> <li>- Externally rotate shoulders &amp; supinate forearm (turn little fingers towards body)</li> <li>- Keep forearm connected to hips</li> <li>- Exit through a light pike 1/2 way and pull back into meathook</li> <li>- Short controlled breaths</li> <li>*Both arms</li> </ul>	5 reps both arms		3 30 - 90 seconds		

					<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 site aerial skills Breathing control</p>
<b>Leg lifts to meathook hold</b>	<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>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core</li> <li>- Through straight legs raise the feet to strap level &amp; rotate over to meathook position &amp; hold</li> <li>- Rotate bottom hip up &amp; over - light pike compression = lock position</li> <li>- Externally rotate shoulders &amp; supinate forearm (turn little fingers towards body)</li> <li>- Keep forearm connected to hips</li> <li>- Exit through a light pike</li> <li>- Short controlled breaths</li> <li>*Both arms</li> </ul>	5 reps both arms		3 30 - 90 seconds		

<b>ONE ARM MEATHOOK PROGRESSIONS</b>	<b>COACHING CUES</b>	<b>REPS</b> <i>Once you feel safe &amp; comfortable: - 5 reps - 5 seconds hold - Fly onto the next progression</i>	<b>FLIGHTS</b>	<b>REST</b> <i>(adjust to personal needs)</i>	<b>MUSCULAR ENGAGEMENTS</b>	<b>BENEFITS</b>
<b>Fly Hang (max hold) = One Arm</b>	<ul style="list-style-type: none"> <li>- 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</li> <li>- Set into one arm hanging position (*2 arms then release strap to one arm)</li> <li>- 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)</li> <li>- Keep a straight shoulder alignment, rib cage down and slowly lift feet off the floor</li> <li>- 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</li> <li>- Short controlled breaths</li> </ul>	Max hold		3 30 - 90 seconds	<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; 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>Understanding AFB Fly Hang' Shoulder stability Core control &amp; engagement Lower back control &amp; engagement Grip strength &amp; rotation Solid body base &amp; posture Reduce lower back pain Breathing control</p>
<b>Scapula Pull Ups (Scapula Elevation &amp; Depression) = One Arm</b>	<ul style="list-style-type: none"> <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 and slowly lift feet off the floor</li> <li>- Engage delts, lats and the core</li> <li>- Elevate (shrug) and depress (lower) the scapula = shoulder shrugs</li> <li>- Externally rotate shoulders &amp; supinate forearms on the shrug (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	10 reps		3 30 - 90 seconds	<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; 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 Core control &amp; engagement Lower back control &amp; engagement Grip strength &amp; rotation Solid body base &amp; posture Reduce lower back pain Breathing control</p>

<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 in 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>3 30 - 90 seconds</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          Grip strength/ 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>- Pike leg lifts to 1/2 way height (hip flexion)</p> <p>- Draw 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: Full leg lifts</p>	<p>5 reps</p>		<p>3 30 - 90 seconds</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          Grip strength/ 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          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 pike leg lifts to 1/2 way height (hip flexion)</p> <p>- Draw 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: Full leg lifts</p>	<p>10 reps</p>		<p>3 30 - 90 seconds</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          Grip strength/ 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          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 legs to pike position &amp; hold (hip flexion)</p> <p>- Draw 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 pike hold (turn little fingers towards body)</p> <p>- Short controlled breaths</p> <p>* Progression: Full leg lifts</p>	<p>Max hold</p>		<p>3 30 - 90 seconds</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          Grip strength/ 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          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, rib 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>Stabilizers:</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, rib 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 legs together 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>Stabilizers:</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, rib 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 on the leg lift to inverted position (turn little fingers towards body)  - Raise legs to strap level (optional)  - Lower legs back down to fly hang position on a 5 second eccentric lowering  - Short controlled breaths  *Options: Tuck, Straddle, Legs Together  *Options: Hold strap in free arm to leg lift &amp; focus on eccentric lowering</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>Stabilizers:</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, rib cage down &amp; engage the core  - Through straight legs raise the feet to strap level and tie to box 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 tic tocs (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>Stabilizers:</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><b>Fly leg lift hold: max hold = One Arm</b></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, nb cage down &amp; engage the core</li> <li>- 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)</li> <li>- Externally rotate shoulders &amp; supinate forearms on the fly leg lift hold (turn little fingers towards body)</li> <li>- Short controlled breathe</li> </ul>	<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><b>Leg lift to meathook eccentric lowering 5 seconds</b></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, nb cage down &amp; engage the core</li> <li>- Through straight legs raise the feet to strap level &amp; rotate over to meathook position</li> <li>- Rotate bottom hip up &amp; over - fight pike compression = lock position</li> <li>- Externally rotate shoulders &amp; supinate forearm (turn little fingers towards body)</li> <li>- Keep forearm connected to hips</li> <li>- Exit through a tight pike &amp; eccentrically lower to fly hang position</li> <li>- Short controlled breathe</li> <li>*Both arms</li> </ul>	<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>
<p><b>Leg lift into meathook - exit 1/2 way then pull back into MH</b></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, nb cage down &amp; engage the core</li> <li>- Through straight legs raise the feet to strap level &amp; rotate over to meathook position</li> <li>- Rotate bottom hip up &amp; over - fight pike compression = lock position</li> <li>- Externally rotate shoulders &amp; supinate forearm (turn little fingers towards body)</li> <li>- Keep forearm connected to hips</li> <li>- Exit 1/2 way through a tight pike &amp; pull back into Meathook</li> <li>- Short controlled breathe</li> <li>*Both arms</li> </ul>	<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>
<p><b>Leg lifts to meathook hold</b></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, nb cage down &amp; engage the core</li> <li>- Through straight legs raise the feet to strap level &amp; rotate over to meathook position &amp; hold</li> <li>- Rotate bottom hip up &amp; over - fight pike compression = lock position</li> <li>- Externally rotate shoulders &amp; supinate forearm (turn little fingers towards body)</li> <li>- Keep forearm connected to hips</li> <li>- Short controlled breathe</li> <li>*Both arms</li> </ul>	<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>Challenge = Weighted Meathook = One Arm</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>- Through straight legs raise the feet to strap level &amp; rotate over to meathook position &amp; hold</li> <li>- Rotate bottom hip up &amp; over - light pike compression = lock position</li> <li>- Externally rotate shoulders &amp; supinate forearm (turn little fingers towards body)</li> <li>- Keep forearm connected to hips</li> <li>- Short controlled breaths</li> <li>*Both arms</li> </ul>	<p>5 reps / 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>Stabilizers:</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><b>Shoulder stability</b>  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 site aerial skills  Breathing control</p>
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