



CONGRATULATIONS AND WELCOME TO AERIAL FITNESS BODIES!

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

Our 'resistance band body flow' can be implemented into your warm up, resistance workout flow & cool down recovery to benefit your aerial fitness movement patterns & safely progress you to train advanced aerial skills.

This educational tutorial focuses on shoulder strength & stability, scapula positioning & mobility, specific joint rotations & injury prevention to improve overall body strength & physical health.

Once you feel confident & understand the movement patterns, joint training systems & core stabilizers you can safely hang & fly on our AFB straps.

In order to get the full benefit from the 'resistance band body flow' it is recommended that you view the 'Appendix' & follow the 'Video Tutorial' to ensure you have all the required information to begin.

Now we are ready to '*fly into fitness*' on this fun & challenging AFB journey.

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

Cheers,

Stustraps