



**One Arm
Straddle Meathook
Progression Tutorial**

***Our 'One Arm Straddle 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 & raise rib 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 - Straddle	- Begin by laying on your back with arms above head & legs straddled - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Push hands and toes away to elongate solid dish position - Hold dish position maintaining core engagement - Controlled breathing	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 - Straddle	- Begin by laying on your back with arms above head & legs straddled - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Slowly rock backwards and forwards (vertebrae by vertebrae) - Controlled breathing	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 - Straddle	- Begin by laying on your back with arms above head & legs straddled - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Slowly raise the arms up & down to the side of the body - Controlled breathing	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 - Straddle	- Begin by laying on your back with arms above head & legs straddled - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Slowly raise the arms up to the sky and block away - Controlled breathing	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
Straddle Over - Straddle Stretch - Straddle Hip Flexor	- Begin by laying on your back with arms above head & legs straddled - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Push hands and toes away to elongate solid dish position - legs in straddle position - Hold dish position maintaining core engagement - Straddle feet over the head (right straddled) & lower back down vertebrae by vertebrae dish position - Rise upper body keeping arms behind head & lower to a straddle stretch (belly button to floor) - Place hands in between feet (heel level) & lift feet off the floor- engage hip flexors (legs straight) - Repeat - Controlled breathing	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 STRADDLE MEATHOOK PROGRESSIONS	COACHING CUES	REPS (adjust to personal needs)	FLIGHTS	REST (adjust to personal needs)	MUSCULAR ENGAGEMENTS	BENEFITS
Fly Hang (max hold)	- Set AFB straps shoulder width apart, place hands on the inside of the AFB straps, grab lightly above the loop onto the strap & keep elbows straight - Sit into the weight bearing position, stabilize shoulders and scapula with slight wrist rotation in towards the strap (little finger towards = shoulder external rotation & forearm supination) - Keep a straight shoulder alignment, to ease down and slowly lift feet off the floor - 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 - Short controlled breaths	Max hold		3 30 - 90 seconds	Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Biceps & Triceps Rhomboids Trapezius Latissimus Dorsi Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Grip strength; Forearms Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors) Extensors: Extensor pollicis longus and brevis (thumb extensor) Extensor digiti minimi (pinkie finger extensor) 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)	- Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, to ease down and slowly lift feet off the floor - Engage delts, lats and the core - Elevate (shrug) and depress (lower) the scapula = shoulder shrugs - Externally rotate shoulders & supinate forearms on the shrug (turn little fingers towards body) - Short controlled breaths	10 reps		3 30 - 90 seconds	Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Biceps & Triceps Rhomboids Trapezius Latissimus Dorsi Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Grip strength; Forearms Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors) Extensors: Extensor pollicis longus and brevis (thumb extensor) Extensor digiti minimi (pinkie finger extensor) 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 lightly above the top onto the strap & 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 & 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 & 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 Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi</p> <p>Flexibility: ROM in shoulders (stabilization & 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 & control Core control & engagement Lower back control & engagement Grip strength & rotations Solid body base & posture Reduce lower back pain Breathing control</p>
<p>- Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight</p> <p>- Set body into Fly Hang height (mid point between scapula elevation & depression)</p> <p>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & 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 & rounding through the hips (maintain posterior pelvic tilt)</p> <p>- Externally rotate shoulders & 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 Bicep and Triceps Latissimus Dorsi Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Iliopsoas TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & 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 & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight</p> <p>- Set body into Fly Hang height (mid point between scapula elevation & depression)</p> <p>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & 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 & rounding through the hips (maintain posterior pelvic tilt)</p> <p>- Externally rotate shoulders & 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 Bicep and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Iliopsoas TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & 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 & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight</p> <p>- Set body into Fly Hang height (mid point between scapula elevation & depression)</p> <p>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core</p> <p>- Through straddle legs raise the feet to AFB straps height (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt)</p> <p>- Externally rotate shoulders & supinate forearms on the leg lift (turn little fingers towards body)</p> <p>- Short controlled breaths *Option maintain pronated grip if skill feels more comfortable</p>	<p>10 reps</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Latissimus Dorsi Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Iliopsoas TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & 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 & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core - Through straddle legs raise the feet to AFB straps height (hip flexion) - Alternate from side 2 side - Draw the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the leg lift (turn little fingers towards body) - Short controlled breaths *Option = maintain pronated grip if skill feels more comfortable</p>	10 reps		3 30 - 80 seconds	<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 & adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</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 Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core - Draw the belly button to the spine & round through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the straddle leg lift (turn little fingers towards body) - Lower legs back down to fly hang position on a 5 second eccentric lowering - Short controlled breaths *Options: Kick up to straddle position, strict straddle leg lift</p>	5 reps		3 30 - 80 seconds	<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 & adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</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 Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core - Straddle leg lift and hold at AFB straps level (hip flexion) - Draw the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the straddle leg lift hold (turn little fingers towards body) - Short controlled breaths *Option = maintain pronated grip if skill feels more comfortable</p>	Max hold		3 30 - 80 seconds	<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 & adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</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 Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core - Through straddle legs raise the feet to strap level and tic toc from side 2 side (hip flexion) - Draw the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the tic tocs (turn little fingers towards body) - Short controlled breaths *Option = maintain pronated grip if skill feels more comfortable</p>	20 reps		3 30 - 80 seconds	<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 & adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</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 Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, no cage down & engage the core - Through straight legs raise the feet to strap level & drive over to straddle meathook position - Drive hips up & over - tight straddle compression = drive toes to floor 2 lock position - Externally rotate shoulders & supinate forearm (turn little fingers towards body) - Forearm options: middle, same leg, opposite leg - Exit through a light straddle & drive hips across to opposite arm - Short controlled breaths *Option = maintain pronated grip if skill feels more comfortable</p>	<p>5 reps both arms</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 Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis Stabilisers: Rectus Abdominis Obliques Leg lift: Rectus femoris Biceps TFL Adductors Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT Grip strength; Forearms Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors) 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 & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, no cage down & engage the core - Through straight legs raise the feet to strap level & drive over to straddle meathook position - Drive hips up & over - tight straddle compression = drive toes to floor 2 lock position - Externally rotate shoulders & supinate forearm (turn little fingers towards body) - Forearm options: middle, same leg, opposite leg - Exit through a light straddle & eccentrically lower to fly hang position - Short controlled breaths *Option = maintain pronated grip if skill feels more comfortable *Both arms</p>	<p>5 reps both arms</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 Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis Stabilisers: Rectus Abdominis Obliques Leg lift: Rectus femoris Biceps TFL Adductors Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT Grip strength; Forearms Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors) 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 & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, no cage down & engage the core - Through straight legs raise the feet to strap level & drive over to straddle meathook position - Drive hips up & over - tight straddle compression = drive toes to floor 2 lock position - Externally rotate shoulders & supinate forearm (turn little fingers towards body) - Forearm options: middle, same leg, opposite leg - Exit 1/2 way through a light straddle & drive back into straddle meathook position - Short controlled breaths *Option = maintain pronated grip if skill feels more comfortable *Both arms</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 Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis Stabilisers: Rectus Abdominis Obliques Leg lift: Rectus femoris Biceps TFL Adductors Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT Grip strength; Forearms Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors) 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 & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, no cage down & engage the core - Through straight legs raise the feet to strap level & drive hips over to straddle meathook position & hold - Drive hips up & over - tight straddle compression = drive toes to floor 2 lock position - Externally rotate shoulders & supinate forearm (turn little fingers towards body) - Forearm options: middle, same leg, opposite leg - Exit through a light straddle to fly hang position - Short controlled breaths *Option = maintain pronated grip if skill feels more comfortable *Both arms</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 Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis Stabilisers: Rectus Abdominis Obliques Leg lift: Rectus femoris Biceps TFL Adductors Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT Grip strength; Forearms Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors) 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 & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>

ONE ARM STRADDLE MEATHOOK PROGRESSIONS	COACHING CUES	REPS 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) = One Arm	<ul style="list-style-type: none"> - Set AFB straps shoulder width apart, place hands on the inside of the AFB straps, grab lightly above the loop onto the straps & keep elbows straight - Set into one arm hanging position (*2 arms then release strap to one arm) - Sit into the weight bearing position, stabilize shoulders and scapula with slight wrist rotation in towards the strap (little finger inwards = shoulder external rotation & forearm supination) - Keep a straight shoulder alignment, to cage down and slowly lift feet off the floor - 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 - Short controlled breaths 	Max hold		3:30 - 90 seconds	<p>Strengthen: Deltoids Rotator cuff muscles Serratus anterior Clute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi</p> <p>Flexibility: ROM in shoulders (stabilisation & 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 & control Core control & engagement Lower back control & engagement Grip strength & rotations Solid body base & posture Reduce lower back pain Breathing control</p>
Scapula Pull Ups (Scapula Elevation & Depression) = One Arm	<ul style="list-style-type: none"> - Set body into Fly Hang height (mid point between scapula elevation & 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, to cage down and slowly lift feet off the floor - Engage delts, lats and the core - Elevate (shrug) and depress (lower) the scapula = shoulder shrugs - Externally rotate shoulders & supinate forearms on the shrug (turn little fingers towards body) - Short controlled breaths 	10 reps		3:30 - 90 seconds	<p>Strengthen: Deltoids Rotator cuff muscles Serratus anterior Clute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi</p> <p>Flexibility: ROM in shoulders (stabilisation & 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>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>
Fly Hang Wrist Rotations = One Arm	<ul style="list-style-type: none"> - Set AFB straps shoulder width apart, place hands on the inside of the AFB straps, grab lightly above the loop onto the straps & keep elbows straight - Sit into the weight bearing position, stabilize shoulders and scapula with slight wrist rotation in towards the strap (little finger inwards = shoulder external rotation & forearm supination) - Set into one arm hanging position (*2 arms then release strap to one arm) - Keep a straight shoulder alignment, to cage down and slowly lift feet off the floor - 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 - Rotate wrists into supinated and pronated grip (shoulder external & internal rotation) - Short controlled breaths 	20 reps til		3:30 - 90 seconds	<p>Strengthen: Deltoids Rotator cuff muscles Serratus anterior Clute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi</p> <p>Flexibility: ROM in shoulders (stabilisation & 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 & control Core control & engagement Lower back control & engagement Grip strength & rotations Solid body base & posture Reduce lower back pain Breathing control</p>
Leg lift full straddle = One Arm	<ul style="list-style-type: none"> - Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & 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, to cage down & engage the core - Draw the belly button to the spine & round through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms (turn little fingers towards body) - Raise straddle legs to AFB straps level (hip flexion) & control the lowering back to fly hang position - Short controlled breaths <p>*Option = maintain pronated grip if skill feels more comfortable</p>	5 reps		3:30 - 90 seconds	<p>Strengthen: Deltoids Rotator Cuff muscles Clute engagement Core engagement Obliques Bicep and Triceps Latissimus Dorsi Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Iliopsoas TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & 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 & control Understanding AFB Fly Hang/ height Core control & engagement Lower back control & engagement Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & 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 & engage the core - Draw the belly button to the spine & round through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the leg lift to inverted position (turn little fingers towards body) - Straddle leg lift to strap level (optional) - Lower straddle legs back down to fly hang position on a 5 second eccentric lowering - Short controlled breaths</p> <p>*Options: Tuck Straddle, Legs Together *Options: Hold strap in free arm to straddle leg lift & focus on eccentric lowering *Option = maintain pronated grip if skill feels more comfortable *Both arms</p>	<p>5 reps</p>		<p>3 30 - 60 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 & adductor brevis</p> <p>Stabilizers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</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 Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & 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 & engage the core - Through straddle legs raise the feet to strap level & tic toc from side 2 side (big flexion) - Drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the tic toc (turn little fingers towards body) - Short controlled breaths</p> <p>*Option = maintain pronated grip if skill feels more comfortable *Both arms</p>	<p>10 reps</p>		<p>3 30 - 60 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 & adductor brevis</p> <p>Stabilizers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</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 Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & 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 & engage the core - Straddle leg lift hold in between AFB straps (big flexion) - Drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the straddle leg lift hold (turn little fingers towards body) - Short controlled breaths</p> <p>*Option = maintain pronated grip if skill feels more comfortable *Both arms</p>	<p>Max hold</p>		<p>3 30 - 60 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 & adductor brevis</p> <p>Stabilizers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</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 Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & 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 & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & 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 & engage the core - Through straight legs raise the feet to strap level & drive hips over to straddle meathook position - Drive hips up & over - tight straddle compression - drive toes to floor 2 lock body) - Externally rotate shoulders & supinate forearm (turn little fingers towards body) - Forearm options: middle, same leg, opposite leg - Exit through a light straddle on a 5 second eccentric lowering to fly hang position - Short controlled breaths</p> <p>*Option = maintain pronated grip if skill feels more comfortable *Options: Hold strap in free arm to straddle leg lift & focus on eccentric lowering *Both arms</p>	<p>5 reps</p>		<p>3 30 - 60 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 & adductor brevis</p> <p>Stabilizers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</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 Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>

<p>Leg lift into straddle meathook - exit 1/2 way then pull back into straddle meathook</p>	<p>- Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & 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 & engage the core - Through straight legs raise the feet to strap level & drive hips over to straddle meathook position - Drive hips up & over - tight straddle compression = drive toes to floor 2 lock position - Externally rotate shoulders & supinate forearm (turn little fingers towards body) - Forearm options: middle, same leg, opposite leg - Exit 1/2 way through a tight straddle & pull back into straddle meathook - Short controlled breaths</p> <p>*Option = maintain pronated grip if skill feels more comfortable *Both arms</p>	<p>5 reps</p>	<p>3 30 - 60 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 & adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</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 Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>
<p>Leg lifts to straddle meathook hold</p>	<p>- Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & 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 & engage the core - Through straight legs raise the feet to strap level & drive hips over to straddle meathook position & hold - Drive hips up & over - tight straddle compression = drive toes to floor 2 lock position - Externally rotate shoulders & supinate forearm (turn little fingers towards body) - Forearm options: middle, same leg, opposite leg - Short controlled breaths</p> <p>*Option = maintain pronated grip if skill feels more comfortable *Both arms</p>	<p>Max hold</p>	<p>3 30 - 60 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 & adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</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 Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>
<p>Challenge = Weighted Straddle Meathook = One Arm</p>	<p>- Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & 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 & engage the core - Through straight legs raise the feet to strap level & drive hips over to straddle meathook position & hold - Drive hips up & over - tight straddle compression = drive toes to floor 2 lock position - Externally rotate shoulders & supinate forearm (turn little fingers towards body) - Forearm options: middle, same leg, opposite leg - Short controlled breaths</p> <p>*Option = maintain pronated grip if skill feels more comfortable *Both arms</p>	<p>5 reps / Hold</p>	<p>3 30 - 60 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 & adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</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 Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>