

WORKOUT VIDEO LINK:  
<https://www.aeralfitnessbodies.com/leg-lift-progressions>



**Leg Lift Progression Tutorial**

**\*Our 'Leg Lift' 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 rib cage as you pull  
 \*Maintain engaged core & keep ribs down and in

**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	- Begin by laying on your back with arms above head - 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	- Begin by laying on your back with arms above head - 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	- Begin by laying on your back with arms above head - 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 Hip Drives	- Begin by laying on your back with arms above head - 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 - Lift legs so toes are pointing to sky & drive hips off the floor - Keep arms behind head and engage lower ab to drive feet up - 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
Pike Over - Pike Stretch - Pike Hip Flexor	- Begin by laying on your back with arms above head - 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 - Pike feet over the head (right place) & lower back down vertebrae by vertebrae dish position - Rise upper body keeping arms behind head & lower to a pike stretch (belly button to knees) - Place hands by heels & 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
Straddle Over - Straddle Stretch - Straddle Hip Flexor	- Begin by laying on your back with arms above head - 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 straddle) & 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

LEG LIFT PROGRESSIONS	COACHING CUES	REPS (Once you feel safe & comfortable: - 5 reps - 5 seconds hold - 5 Fly onto the next progression)	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 tightly above the loop onto the strap & keep elbows straight - Sit into the weight bearing position, stabilize shoulders and scapula with slight wrist rotation inwards towards the strap (little finger inwards = shoulder external rotation & forearm supination) - Keep a straight shoulder alignment, rib 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	Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & 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 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 & rotation 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, rib 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	Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & 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 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 & rotation Solid body base & posture Reduce lower back pain Breathing control

	<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 top onto the strap &amp; keep elbows straight</li> <li>- 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)</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>- Rotate wrists into supinated and pronated grip (shoulder external &amp; internal rotation)</li> <li>- Short controlled breaths</li> </ul>	20 reps III		<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><b>Fly Hang Wrist Rotations</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, rib cage down &amp; engage the core</li> <li>- Raise the knees to the chest (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 knee lift (turn little fingers towards body)</li> <li>- Short controlled breaths</li> <li>- Progression: Legs straight</li> </ul>	10 reps		<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          Muscle endurance          Reduce lower back pain          Grip strength &amp; rotation          Preparation for elite aerial skills          Breathing control</p>
<p><b>Tuck leg lifts from floor halfway</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, rib cage down &amp; engage the core</li> <li>- Alternate knees raises to chest (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 knee lift (turn little fingers towards body)</li> <li>- Short controlled breaths</li> <li>- Progression: Legs straight</li> </ul>	20 reps		<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          Muscle endurance          Reduce lower back pain          Grip strength &amp; rotation          Preparation for elite aerial skills          Breathing control</p>
<p><b>Tuck alternates leg lifts from floor halfway</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, rib cage down &amp; engage the core</li> <li>- Alternate knees raises to chest (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 knee lift (turn little fingers towards body)</li> <li>- Short controlled breaths</li> <li>- Progression: Legs straight</li> </ul>	20 reps		<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          Muscle endurance          Reduce lower back pain          Grip strength &amp; rotation          Preparation for elite aerial skills          Breathing control</p>
<p><b>Tuck 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, rib cage down &amp; engage the core</li> <li>- Raise the knees to the chest and hold (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 knee lift (turn little fingers towards body)</li> <li>- Short controlled breaths</li> <li>- Progression: Legs straight</li> </ul>	Max hold		<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          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)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core  - Raise the knees to the chest (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)  - Roll hips up and over (tilt pelvis &amp; ppt) so knees are tight to chest and you achieve a higher knee lock  - Externally rotate shoulders &amp; supinate forearms on the knee lift (turn little fingers towards body)  - Short controlled breaths  * Progression: Legs straight</p>	<p>10 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  <b>Synergists:</b>  Tensor fasciae latae  Pectineus  Sartorius  Adductor longus &amp; adductor brevis  <b>Stabilisers:</b>  Rectus Abdominis  Obliques  <b>Leg lift:</b>  Rectus femoris  Biceps  TFL  Adductors  <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  <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)</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)  - 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 the halfway position (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 leg lift (turn little fingers towards body)  - Short controlled breaths</p>	<p>10 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  <b>Synergists:</b>  Tensor fasciae latae  Pectineus  Sartorius  Adductor longus &amp; adductor brevis  <b>Stabilisers:</b>  Rectus Abdominis  Obliques  <b>Leg lift:</b>  Rectus femoris  Biceps  TFL  Adductors  <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  <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)</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)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core  - Alternate feet and raise up to the halfway position (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 leg lift (turn little fingers towards body)  - Short controlled breaths</p>	<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  <b>Synergists:</b>  Tensor fasciae latae  Pectineus  Sartorius  Adductor longus &amp; adductor brevis  <b>Stabilisers:</b>  Rectus Abdominis  Obliques  <b>Leg lift:</b>  Rectus femoris  Biceps  TFL  Adductors  <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  <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)</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)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core  - Raise legs to pike position and hold (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 pike hold (turn little fingers towards body)  - Short controlled breaths</p>	<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  <b>Synergists:</b>  Tensor fasciae latae  Pectineus  Sartorius  Adductor longus &amp; adductor brevis  <b>Stabilisers:</b>  Rectus Abdominis  Obliques  <b>Leg lift:</b>  Rectus femoris  Biceps  TFL  Adductors  <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  <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)</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)  - 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 pike inverted position (options)  - Short controlled breaths  *Options: Kick up to inverted position, tuck up to inverted position, leg lift up to inverted position</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  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  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</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)  - 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 pike inverted position (options)  - Lower legs back down to fly hang position on a 5 second eccentric lowering  - Short controlled breaths  *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><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>Stabilizers:</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</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)  - 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 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)  - Externally rotate shoulders &amp; supinate forearms on the leg lift (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  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>Stabilizers:</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</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)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down &amp; engage the core  - 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)  - Externally rotate shoulders &amp; supinate forearms on the alternate leg lift (turn little fingers towards body)  - Short controlled breaths</p>	<p>20 reps</p>		<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b>  Deltoids  Rotator Cuff muscles  Glute engagement  Core engagement  Obliques  Bicep and Triceps  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  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</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 - 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</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</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 breaths</li> </ul>	<p>Max hold</p>		<p>3</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</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 right - middle - left</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 from right side 2 middle 2 left 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 leg lift (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	<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  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</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>AFB oblique twists 1 second hold each 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>- Raise knees to chest (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)</li> <li>- Twist from side 2 side and engaging obliques aiming to drive the hips up and hold for 1 second</li> <li>- Externally rotate shoulders &amp; supinate forearms on the oblique twist (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	<p>20 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</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>Straight leg lifts circles: Flare legs (both sides)</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, rib cage down &amp; engage the core</li> <li>- Through straight legs perform full flare circles around the AFB hand loop straps (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)</li> <li>- Aim to get as wide circle flaring the legs one by one</li> <li>- Externally rotate shoulders &amp; supinate forearms on the circle lift (turn little fingers towards body)</li> <li>- Short controlled breathe</li> </ul>	<p>5 reps both sides</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>Stabilizers:</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</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>Straight leg lifts circles: pike to bar R &amp; L</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, rib cage down &amp; engage the core</li> <li>- Through straight legs perform full circles around the AFB hand loop straps (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)</li> <li>- Aim to get as wide circle as flexibility allows</li> <li>- Externally rotate shoulders &amp; supinate forearms on the circle lift (turn little fingers towards body)</li> <li>- Short controlled breathe</li> </ul>	<p>5 reps both sides</p>	<p>3 30 - 90 seconds</p>	<p><b>Strengthen:</b>          Deltoids          Rotator Cuff muscles          Glute engagement          Core engagement          Obliques          Bicep and Triceps          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          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</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>Challenge = Weighted straight full leg lifts</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, rib cage down &amp; engage the core</li> <li>- 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)</li> <li>- Externally rotate shoulders &amp; supinate forearms on the leg lift (turn little fingers towards body)</li> <li>- Short controlled breathe</li> </ul>	<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>Stabilizers:</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</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>