

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



**Back Planche
 Progression Tutorial**

Common Mistakes to Avoid:
 Arch lower back
 *Maintain strong & controlled core engagement as you lower or lift into the BP position
 - Maintain scapula position
 - Protract & Depress Scapulas
 - Drooping chin & rounding shoulders back
 *Look forward & drive shoulders in front of straps
 - Legs dropping down
 *Drive up with the heels and focus on hip extension
 *Progressions = hip flexion to hip extension
 *Grip choice = 1. Overhand (palms facing down) - More emphasis on elbows & biceps
 2. Underhand (palms facing up) - More emphasis on shoulders

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

FLOOR 2 FLY WARM UP

Specific movement patterns & muscular engagements to then fly on our AFB straps.

FLOOR EXERCISE	COACHING CUES	REPS (adjust to personal needs)	FLIGHTS (adjust to your personal warm up needs)	REST (adjust to personal needs)	MUSCULAR ENGAGEMENTS	BENEFITS
Superman/woman	<ul style="list-style-type: none"> - Begin by laying on your front with arms above head - Irradiate / tension throughout the body (50%) - Lift the arms and legs together and hold for 1 second & lower - Squeeze lower back, Gluteus & core - Controlled breathing 	10 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Gluteus Hamstrings Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Alternate Superman/woman	<ul style="list-style-type: none"> - Begin by laying on your front with arms above head - Irradiate / tension throughout the body (50%) - Alternate the arms & leg lifts - hold for 1 second & lower - Squeeze lower back, Gluteus & core - Controlled breathing 	20 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Gluteus Hamstrings Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Superman/woman wide legs lifts	<ul style="list-style-type: none"> - Begin by laying on your front with arms above head - Irradiate / tension throughout the body (50%) - Place arms by side & press against floor (imagine blocking against strap) - Straddle legs lift & hold for 1 second & lower - Squeeze lower back, Gluteus & core - Controlled breathing 	10 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Gluteus - Medius Hamstrings Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Superman/woman wide legs lift holds	<ul style="list-style-type: none"> - Begin by laying on your front with arms above head - Irradiate / tension throughout the body (50%) - Place arms by side & press against floor (imagine blocking against strap) - Straddle legs lift & hold - Squeeze lower back, Gluteus & core - Controlled breathing 	Max hold		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Gluteus - Medius Hamstrings Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Resistance Band BP Drills						
Tempos	<ul style="list-style-type: none"> - Begin by facing away from the wall bar & hold resistance band - Irradiate / tension throughout the body - Keep arms straight, hold resistance band & tempo arms past the hips - Place feet in desired position of resistance - Controlled breathing 	20 tempos		1 Flow	Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension 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 - flexion Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Grip strength & rotation Muscle endurance Preparation for elite aerial skills Breathing control
Circles	<ul style="list-style-type: none"> - Begin by facing away from the wall bar & hold resistance band - Irradiate throughout the body - Keep arms straight, hold resistance band & circle arms by the hips - Place feet in desired position of resistance - Controlled breathing 	10 both ways		1 Flow	Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension 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 Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Grip strength & rotation Muscle endurance Preparation for elite aerial skills Breathing control
Hold	<ul style="list-style-type: none"> - Begin by facing away from the wall bar & hold resistance band - Irradiate throughout the body - Keep arms straight, hold resistance band & hold by the hips - Place feet in desired position of resistance - Controlled breathing 	Max hold		1 Flow	Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension 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 Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Grip strength & rotation Muscle endurance Preparation for elite aerial skills Breathing control

BACK PLANCHE (FP) 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
Assisted BP Flights Options: Stability Ball, static surface	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Place feet on stability ball - Squeeze core as you lift & straighten into BP position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - Feel the horizontal BP position & muscle engagements - driving shoulders and feet away - lengthening body - Short controlled breaths 	Max hold		3:30 - 90 seconds	Strengths: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Biceps & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension 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 Flexibility Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control
Feet on stability ball hold	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Place feet on stability ball & alternate leg lifts - Squeeze core as you lift & straighten into BP position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - Feel the horizontal BP position & muscle engagements - driving shoulders and feet away - lengthening body - Short controlled breaths 	10 reps		3:30 - 90 seconds	Strengths: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Biceps & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension 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 Flexibility Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control
Feet on stability ball alternate leg lifts	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Place feet on stability ball & perform small bounces to feel the weight of the BP position - Squeeze core as you lift & straighten into BP position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - Feel the horizontal BP position & muscle engagements - driving shoulders and feet away - lengthening body - Short controlled breaths 	Max reps		3:30 - 90 seconds	Strengths: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Biceps & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension 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 Flexibility Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control
Stability ball bounces	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Lift up to inverted position - Squeeze core as you lower down into tuck BP horizontal position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - From horizontal position drive back up through the hips & blocking against straps to inverted position - maintain core control & engagement - Short controlled breaths - To exit roll through skin the cat movement 	5 reps		3:30 - 90 seconds	Strengths: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Biceps & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension 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 Flexibility Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control
Tuck	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Lift up to inverted position - Squeeze core as you lower down into open tuck BP horizontal position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - From horizontal position drive back up through the hips & blocking against straps to inverted position - maintain core control & engagement - Short controlled breaths - To exit roll through skin the cat movement 	5 reps		3:30 - 90 seconds	Strengths: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Biceps & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension 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 Flexibility Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control
Open tuck	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Lift up to inverted position - Squeeze core as you lower down into open tuck BP horizontal position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - From horizontal position drive back up through the hips & blocking against straps to inverted position - maintain core control & engagement - Short controlled breaths - To exit roll through skin the cat movement 	5 reps		3:30 - 90 seconds	Strengths: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Biceps & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension 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 Flexibility Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control

<p>1 leg straight - alternate legs</p>	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Lift up to inverted position - Squeeze core as you lower down into 1 leg straight BP horizontal position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - From horizontal position drive back up through the hips & blocking against straps to inverted position - maintain core control & engagement - Alternate legs - Short controlled breaths * To exit roll through skin the cat movement 	<p>5 reps</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>Straddle: 1. Hip slightly flexed</p>	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Lift up to inverted position - Squeeze core as you lower down into flexed straddle BP horizontal position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - From horizontal position drive back up through the hips & blocking against straps to inverted position - maintain core control & engagement - Short controlled breaths * To exit roll through skin the cat movement 	<p>5 reps</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>Straddle: 2. Hips extended</p>	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Lift up to inverted position - Squeeze core as you lower down into extended straddle BP horizontal position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - From horizontal position drive back up through the hips & blocking against straps to inverted position - maintain core control & engagement - Short controlled breaths * To exit roll through skin the cat movement 	<p>5 reps</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>Legs together</p>	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Lift up to inverted position - Squeeze core as you lower down into legs together BP horizontal position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - From horizontal position drive back up through the hips & blocking against straps to inverted position - maintain core control & engagement - Short controlled breaths * To exit roll through skin the cat movement 	<p>5 reps</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>BP Eccentric Lowering: 5 seconds</p>					
<p>Tuck</p>	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Lift up to inverted position - Squeeze core as you lower down into tuck BP horizontal position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - 5 second lowering to the floor maintaining straight body shape - kick, roll, planche back up to inverted position - repeat - Short controlled breaths * To exit roll through skin the cat movement 	<p>5 eccentric lower 2 floor</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>

<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap - Lift up to inverted position - Squeeze core as you lower down into open tuck BP horizontal position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - 5 second lowering to the floor maintaining straight body shape - kick, roll, planche back up to inverted position - repeat - Short controlled breaths - To exit roll through skin the cat movement</p>	<p>5 eccentric lower 2 floor</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fty Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap - Lift up to inverted position - Squeeze core as you lower down into 1 leg straight BP horizontal position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - 5 second lowering to the floor maintaining straight body shape - kick, roll, planche back up to inverted position - alternate legs & repeat - Short controlled breaths - To exit roll through skin the cat movement</p>	<p>5 eccentric lower 2 floor</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fty Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap - Lift up to inverted position - Squeeze core as you lower down into flexed straddle BP horizontal position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - 5 second lowering to the floor maintaining straight body shape - kick, roll, planche back up to inverted position - repeat - Short controlled breaths - To exit roll through skin the cat movement</p>	<p>5 eccentric lower 2 floor</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fty Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap - Lift up to inverted position - Squeeze core as you lower down into extended straddle BP horizontal position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - 5 second lowering to the floor maintaining straight body shape - kick, roll, planche back up to inverted position - repeat - Short controlled breaths - To exit roll through skin the cat movement</p>	<p>5 eccentric lower 2 floor</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fty Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>- Set AFB straps at shoulder width apart and place hands on the inside of the strap - Lift up to inverted position - Squeeze core as you lower down into legs together BP horizontal position & block through the straps with your wrists & forearms - Maintain straight elbows & shoulder stability - Scapulae are protracted & depressed - 5 second lowering to the floor maintaining straight body shape - kick, roll, planche back up to inverted position - repeat - Short controlled breaths - To exit roll through skin the cat movement</p>	<p>5 eccentric lower 2 floor</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fty Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>From Horizontal Position BP Temp</p>					

<p>Tuck</p>	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Squeeze core as you lower to horizontal position & block through the straps with your wrists - Kick out to tuck BP planche position & drive shoulders forward - Tempo back to light tuck position - Maintain horizontal position in the hips throughout tempo - Maintain core engagement, shoulder stability, scapulas are protracted & depressed - Short controlled breaths * To exit roll through skin the cat movement 	<p>5 tempos</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>Open tuck</p>	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Squeeze core as you lower to horizontal position & block through the straps with your wrists - Kick out to open tuck BP planche position & drive shoulders forward - Tempo back to light tuck position - Maintain horizontal position in the hips throughout tempo - Maintain core engagement, shoulder stability, scapulas are protracted & depressed - Short controlled breaths * To exit roll through skin the cat movement 	<p>5 tempos</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>1 leg straight - alternate legs</p>	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Squeeze core as you lower to horizontal position & block through the straps with your wrists - Kick out to 1 leg straight BP planche position & drive shoulders forward - alternate legs - Tempo back to light tuck position - Maintain horizontal position in the hips throughout tempo - Maintain core engagement, shoulder stability, scapulas are protracted & depressed - Short controlled breaths * To exit roll through skin the cat movement 	<p>5 tempos</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>Straddle: 1. Hip slightly flexed</p>	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Squeeze core as you lower to horizontal position & block through the straps with your wrists - Kick out to flexed straddle BP planche position & drive shoulders forward - Tempo back to light tuck position - Maintain horizontal position in the hips throughout tempo - Maintain core engagement, shoulder stability, scapulas are protracted & depressed - Short controlled breaths * To exit roll through skin the cat movement 	<p>5 tempos</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>Straddle: 2. Hips extended</p>	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Squeeze core as you lower to horizontal position & block through the straps with your wrists - Kick out to extended straddle BP planche position & drive shoulders forward - Tempo back to light tuck position - Maintain horizontal position in the hips throughout tempo - Maintain core engagement, shoulder stability, scapulas are protracted & depressed - Short controlled breaths * To exit roll through skin the cat movement 	<p>5 tempos</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>

	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Squeeze core as you lower to horizontal position & block through the straps with your wrists - Kick out to legs together BP planche position & drive shoulders forward - Tempo back to tight tuck position - Maintain horizontal position in the hips throughout tempos - Maintain core engagement, shoulder stability, scapulas are protracted & depressed - Short controlled breaths - To exit roll through skin the cat movement 	5 tempos		3:30 - 90 seconds	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control
BP Max Holds - From inverted position or drive out from horizontal position						
	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Engage & control core as you rollover into BP position (inverted or horizontal position) - Maintain straight elbows, shoulder stability, scapulas protracted & depressed - Lower or drive out into the tuck BP horizontal position & hold - Short controlled breaths - To exit roll through skin the cat movement 	Max hold		3:30 - 90 seconds	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control
Tuck						
	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Engage & control core as you rollover into BP position (inverted or horizontal position) - Maintain straight elbows, shoulder stability, scapulas protracted & depressed - Lower or drive out into the open tuck BP horizontal position & hold - Short controlled breaths - To exit roll through skin the cat movement 	Max hold		3:30 - 90 seconds	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control
Open tuck						
	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Engage & control core as you rollover into BP position (inverted or horizontal position) - Maintain straight elbows, shoulder stability, scapulas protracted & depressed - Lower or drive out into the 1 leg straight BP horizontal position & hold - Short controlled breaths - To exit roll through skin the cat movement 	Max hold		3:30 - 90 seconds	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control
1 leg straight - alternate legs						
	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Engage & control core as you rollover into BP position (inverted or horizontal position) - Maintain straight elbows, shoulder stability, scapulas protracted & depressed - Lower or drive out into the flexed straddle BP horizontal position & hold - Short controlled breaths - To exit roll through skin the cat movement 	Max hold		3:30 - 90 seconds	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control
Straddle: 1, Hip slightly flexed						

<p>Straidle: 2. Hips extended</p>	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Engage & control core as you rollover into BP position (inverted or horizontal position) - Maintain straight elbows, shoulder stability, scapulas protracted & depressed - Lower or drive out into the extended straddle BP horizontal position & hold - Short controlled breathe * To exit roll through skin the cat movement 	<p>Max hold</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>
<p>Legs together</p>	<ul style="list-style-type: none"> - Set AFB straps at shoulder width apart and place hands on the inside of the strap - Engage & control core as you rollover into BP position (inverted or horizontal position) - Maintain straight elbows, shoulder stability, scapulas protracted & depressed - Lower or drive out into the legs together BP horizontal position & hold - Short controlled breathe * To exit roll through skin the cat movement 	<p>Max hold</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids - anterior Rotator cuff muscles Serratus anterior Glute engagement Hamstrings Calf muscles Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi Pectorals</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip extension</p> <p>Grip strength/ Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Shoulder stability Flexibility Scapular positioning & control Understanding AFB Fly Hang height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Grip strength & rotation Pulling strength Muscle endurance Preparation for elite aerial skills Breathing control</p>