



CONGRATULATIONS AND WELCOME TO AERIAL FITNESS BODIES!

Hey team,

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

Welcome to our AFB **'Full Body Cool Down'**!

Our AFB cool down focuses on recuperation & mobilisation routines for recovery & preparing the body for future AFB flights.

Hanging cool down:

- Deep hanging recovery - *tension release*
- Spinal decompression
- Joint rotation & mobility
- Breathing & lengthening the muscles
- Visualization
- Recovery & Injury prevention
- Decreasing the heart rate & regulate blood flow
- Reduce muscle cramps & stiffness
- Increase flexibility (2 minute holds)
- Body alignment & posture
- Prepare the body for future AFB flights
- Hanging comfort

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

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

Cheers,

Stustraps

"Let's Fly Into Fitness"