



**AFB CORE BLASTS**

\* Each Core Blast can be interlinked with our AFB specialised programs

**Common Mistakes to Avoid:**  
 - Anterior pelvic tilt (arching lower back)  
 \*Focus on hip flexion & posterior pelvic tilt (hanging dish hold)  
 - Throwing the head back  
 \*Keep neutral head position  
 - Breaking the straight shoulder alignment & leaning back  
 \*Only lift to where your active ROM & hip mobility allows you (stretching is your cure)  
 - Prevent swinging  
 \*Control the concentric & eccentric leg lift  
 - Prevent bending the arms  
 \*Disengages shoulder girdle strength & scapular stability  
 Options: Tuck or straight legs = Train correct reps  
 NOT high broken reps

**Core Blast Settings:**  
 3 Flights, 8 exercises, 1 minute rest between flights  
 Challenge: Increase Reps - Decrease Rest  
 Core Blasts Recommendations = 4 week progression period = 3 x week

AFB CORE BLAST 1 Beginner	COACHING CUES Recommendation: 4 week progression period of 3 x week	REPS (adjust to personal needs: Beginner lower reps, Advanced higher reps)	FLIGHTS	MUSCULAR ENGAGEMENTS	BENEFITS
Tuck leg lifts from floor halfway	<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>	10 reps	3	<b>Strengthen:</b> Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Hip Flexors strength  <b>Synergists:</b> Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis  <b>Stabilisers:</b> Rectus Abdominis Obliques  <b>Leg lift:</b> Rectus femoris Isopsoas TFL Adductors  <b>Flexibility:</b> ROM in shoulders (stabilisation & strength through elevated ROM) Hip flexors and hamstrings in pike position Grip strength; Forearms  <b>Flexors:</b> Psoas longus (thigh 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)	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
Tuck alternates leg lifts from floor halfway	<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	3	<b>Strengthen:</b> Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Hip Flexors strength  <b>Synergists:</b> Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis  <b>Stabilisers:</b> Rectus Abdominis Obliques  <b>Leg lift:</b> Rectus femoris Isopsoas TFL Adductors  <b>Flexibility:</b> ROM in shoulders (stabilisation & strength through elevated ROM) Hip flexors and hamstrings in pike position Grip strength; Forearms  <b>Flexors:</b> Psoas longus (thigh 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)	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
30 seconds rest					
Leg lifts from floor halfway	<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 to the halfway position (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>	10 reps	3	<b>Strengthen:</b> Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Hip Flexors strength  <b>Synergists:</b> Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis  <b>Stabilisers:</b> Rectus Abdominis Obliques  <b>Leg lift:</b> Rectus femoris Isopsoas TFL Adductors  <b>Flexibility:</b> ROM in shoulders (stabilisation & strength through elevated ROM) Hip flexors and hamstrings in pike position Grip strength; Forearms  <b>Flexors:</b> Psoas longus (thigh 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)	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
Leg lifts alternates from floor halfway	<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 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)</li> <li>- Externally rotate shoulders &amp; supinate forearms on the leg lift (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	20 reps	3	<b>Strengthen:</b> Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Hip Flexors strength  <b>Synergists:</b> Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis  <b>Stabilisers:</b> Rectus Abdominis Obliques  <b>Leg lift:</b> Rectus femoris Isopsoas TFL Adductors  <b>Flexibility:</b> ROM in shoulders (stabilisation & strength through elevated ROM) Hip flexors and hamstrings in pike position Grip strength; Forearms  <b>Flexors:</b> Psoas longus (thigh 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)	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
30 seconds rest					
R 1/2 Circles	<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 1/2 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 breaths</li> </ul>	5 reps	3	<b>Strengthen:</b> Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Hip Flexors strength  <b>Synergists:</b> Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis  <b>Stabilisers:</b> Rectus Abdominis Obliques  <b>Leg lift:</b> Rectus femoris Isopsoas TFL Adductors  <b>Flexibility:</b> ROM in shoulders (stabilisation & strength through elevated ROM) Hip flexors and hamstrings in pike position Grip strength; Forearms  <b>Flexors:</b> Psoas longus (thigh 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)	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
L 1/2 Circles	<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 1/2 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 breaths</li> </ul>	5 reps	3	<b>Strengthen:</b> Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Hip Flexors strength  <b>Synergists:</b> Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis  <b>Stabilisers:</b> Rectus Abdominis Obliques  <b>Leg lift:</b> Rectus femoris Isopsoas TFL Adductors  <b>Flexibility:</b> ROM in shoulders (stabilisation & strength through elevated ROM) Hip flexors and hamstrings in pike position Grip strength; Forearms  <b>Flexors:</b> Psoas longus (thigh 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)	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
30 seconds rest					

<p><b>AFB oblique twists</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 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</li> <li>- Externally rotate shoulders &amp; supinate forearms on the knee lift (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	<p>20 reps</p>	<p>3</p>		<ul style="list-style-type: none"> <li>Shoulder stability</li> <li>Scapular positioning &amp; control</li> <li>Understanding AFB Fly Hang height</li> <li>Core control &amp; engagement</li> <li>Lower back control &amp; engagement</li> <li>Toned Abs</li> <li>Solid body base &amp; posture</li> <li>Reduce lower back pain</li> <li>Grip strength &amp; rotation</li> <li>Muscle endurance</li> <li>Preparation for elite aerial skills</li> <li>Breathing control</li> </ul>
<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>	<p>Max hold</p>	<p>3</p>		<ul style="list-style-type: none"> <li>Shoulder stability</li> <li>Scapular positioning &amp; control</li> <li>Understanding AFB Fly Hang height</li> <li>Core control &amp; engagement</li> <li>Lower back control &amp; engagement</li> <li>Toned Abs</li> <li>Solid body base &amp; posture</li> <li>Reduce lower back pain</li> <li>Grip strength &amp; rotation</li> <li>Muscle endurance</li> <li>Preparation for elite aerial skills</li> <li>Breathing control</li> </ul>
<p><b>1 MINUTE REST X 3 FLIGHTS</b></p>					



AFB CORE BLAST 2 Intermediate	COACHING CUES Recommendation: 4 week progression period of 3 x week	REPS (adjust to personal needs: Beginner lower reps, Advanced higher reps)	FLIGHTS	MUSCULAR ENGAGEMENTS	BENEFITS
<p><b>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 breaths</li> </ul>	10 reps	3	<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 Psoas/mus Sartorius Abductor 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 external ROM) Hip flexors and hamstrings in pike position Grip strength, Forearms</p> <p><b>Flexors:</b> Psoas longus (thrust flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p><b>Extensors:</b> Extensor pollicis longus and brevis (thumb extensor) 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 Reduce lower back pain Grip strength &amp; rotation Muscle endurance Preparation for elite aerial skills Breathing control</p>	
<p><b>Straight alternate 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>- 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)</li> <li>- Externally rotate shoulders &amp; supinate forearms on the alternate leg lift (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	20 reps	3		<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 Reduce lower back pain Grip strength &amp; rotation Muscle endurance Preparation for elite aerial skills Breathing control</p>	
<p><b>Leg lifts right and left; pike to bar</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 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 leg lift (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	10 reps	3		<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 Reduce lower back pain Grip strength &amp; rotation Muscle endurance Preparation for elite aerial skills Breathing control</p>	
<p><b>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, rib cage down &amp; engage the core</li> <li>- Straight leg raise 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 leg lift hold (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	Max hold	3		<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 Reduce lower back pain Grip strength &amp; rotation Muscle endurance 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, rib cage down &amp; engage the core</li> <li>- Through straight legs raise the feet to strap level and tic toc 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>	20 reps	3		<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 Reduce lower back pain Grip strength &amp; rotation Muscle endurance 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, rib 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>	Max hold	3		<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 Reduce lower back pain Grip strength &amp; rotation Muscle endurance 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, rib 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>	20 reps	3		<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 Reduce lower back pain Grip strength &amp; rotation Muscle endurance Preparation for elite aerial skills Breathing control</p>	
<p><b>Pike 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 legs to pike position 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 pike hold (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	Max hold	3		<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 Reduce lower back pain Grip strength &amp; rotation Muscle endurance Preparation for elite aerial skills Breathing control</p>	
<b>1 MINUTE REST X 3 FLIGHTS</b>					



AFB CORE BLAST 3 Advanced	COACHING CUES Recommendation: 4 week progression period of 3 x week	REPS (adjust to personal needs: Beginner lower reps, Advanced higher reps)	FLIGHTS	MUSCULAR ENGAGEMENTS	BENEFITS
Straight Full leg lifts with 1 second hold and eccentric lower down 3 seconds	<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 and hold for 1 second each rep (hip flexion), drawing the belly button to the spine &amp; rounding through the hips (maintain posterior pelvic tilt)</li> <li>- Lower legs on 3 second count back to fly hang position</li> <li>- Externally rotate shoulders &amp; supinate forearms on the leg lift (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	5 reps	3	<p><b>Strengthen:</b> Deltoids Rotator Cuff muscles Core engagement Core engagement Obliques Biceps and Triceps Hip Flexors strength</p> <p><b>Synergists:</b> Teresor fasciae latae Pectoralis Sartorius Adductor longus &amp; adductor brevis</p> <p><b>Stabilizers:</b> Rectus Abdominis Obliques</p> <p><b>Lag lift:</b> Rectus femoris Iliopsoas ITL Abductors</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> Psoas 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>	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
Straight alternate full leg lifts with 1 second hold each side 30 seconds rest	<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 feet and raise in between the AFB hand loop straps &amp; hold for 1 sec each 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 alternate leg lift (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	10 reps	3		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
Straight leg lifts circles; pike to bar R & L	<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 breaths</li> </ul>	5 reps	3		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
Straight leg lift hold max hold 30 seconds rest	<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 to leg lift position &amp; 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 pike hold (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	Max hold	3		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
Fly leg lift tic tocs with 1 second hold	<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 to strap level and tic tocs from side 2 side holding for 1 second each 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>	10 reps	3		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
Fly leg lift hold kicks; max hold 30 seconds rest	<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>- Straight fly leg lift and hold in between AFB straps and kick legs back and forth (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>	10 kicks	3		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
AFB oblique twists into inverted hang	<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 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 over to inverted hang position</li> <li>- Slowly lower back down to tuck oblique height and repeat</li> <li>- Externally rotate shoulders &amp; supinate forearms on the oblique twist (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	5 reps	3		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
Inverted max hold	<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 legs to inverted pike position 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 inverted max hold (turn little fingers towards body)</li> <li>- Short controlled breaths</li> </ul>	Max hold	3		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
<b>1 MINUTE REST X 3 FLIGHTS</b>					