		AFB CORE BLASTS			
* Each Core Blast can be interlinked with our AFB specialised programs		AI B COILE BEASTS			
	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				
Core Blast Settings: 3 Flights, 8 exercises, 1 minute rest between flights	you (stretching is your cure) - Prevent swinging *Control the concentric & eccentric leg lift				
Challenge: Increase Reps - Decrease Rest  Core Blasts Recommendations = 4 week progression period = 3 x	- Prevent bending the arms *Disengages shoulder girdle strength & scapular stability  Options: Tuck or straight legs = Train correct reps				
week	NOT high broken reps				
AFB CORE BLAST 1 Beginner	COACHING CUES	REPS (adjust to personal needs: Beginner	FLIGHTS	MUSCULAR ENGAGEMENTS	BENEFITS
Deginio	Recommendation: 4 week progression period of 3 x week	lower reps, Advanced higher reps)	Lioiiio	Strengthen:	DENETITO
				Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Hij Flexons strength	
				Synergists: Tensor fasciae latae Pedineus	
				Sartorius Adductor longus & adductor brevis Stabilisers:	
				Rectus Abdominis Obliques Leg lift: Rectus femoris	
				Rectus femoris Iliopsoas TFL Adductors	
				Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position	
	Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight     Set body into Fly Hang height (mid point between scapula elevation & depression)			Grip strength; Forearms Flexors: Politicis Income (thumb flexor)	Shoulder stability  Consular positioning & control
	<ul> <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</li> </ul>			Flexors: Policis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)  Extensors:	Shoulder stability Scapular positioning & control Understanding ARP Styl Many height Core control & engagement Lower back control & engagement Sould body base & position Solid body base & position Bedrium Fauer had not
	to the spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the knee lift (turn little fingers towards body) - Short controlled breaths			Extensor pollicis longus and brevis (thumb extender)  Extensor digiti minimi (pinky finger extender)  Extensor indicis (index finger extender)  Extensor digitorum (all finger extender)	Grip strength & rotation Muscle endurance
Tuck leg lifts from floor halfway	* Progression: Legs straight  - Place the hands shoulder width apart through the inside of the	10 reps	3	Exercise agricum (ar inger extender)	Preparation for elite aerial skills Breathing control
	AFB hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a				Shoulder stability Scapular positioning & control
	straight shoulder alignment, rib cage down & engage the core - Alternate knee raises to chest (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt)				Scapular positioning & control Understanding AFE Try Hang height Core control & engagement Lower back control & engagement Toread Abs
	- Externally rotate shoulders & supinate forearms on the knee lift (turn little fingers towards body) - Short controlled fineaths				Contil Andly base 8 posture Reduce lower back pain Grp strength & rotation Muscle endurance Preparation for elite serial skills foreathing control
Tuck alternates leg lifts from floor halfway  30 seconds rest		20 reps	3		Breathing control
	Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight     Set body into Fly Hang height (mid point between scapula elevation & depression)				Shoulder stability
	<ul> <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</li> </ul>				coupunir positioning a control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement Toned Ahs
	the hips (maintain posterior pelvic tilt)  - Externally rotate shoulders & supinate forearms on the leg lift (turn little fingers towards body)  - Short controlled breaths				Sounder schalling  Lindensanzing Al Cortical  Lindensanzing All Tilly Narigh Height  Lindensanzing All Tilly Narigh Height  Lindensanzing All Tilly Narigh Height  Lindensanzing All Tilly Naright  Exempliance  Book Toddy All Lindensanzing  Book Tilly Naright  Book Ti
Leg lifts from floor halfway	- Place the hands shoulder width anart through the inside of the	10 reps	3		
	AFB hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a				Shoulder stability Scapular positioning & control Understanding AFB 'Fly Hang' height
	straight shoulder alignment, rib cage down & engage the core - Alternate feet and raise up to the halfway position (hip flexion), drawing the belly button to the spine & rounding through the hips				Socializar stability: Socializar
	(maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the leg lift (turn tittle fingers towards body) - Short controlled breaths				Reduce lower back pain Grip strength & rotation Muscle endurance Preparation for elite aerial skills Breathing control
Leg lifts alternates from floor halfway  30 seconds rest	- Place the hands shoulder width apart through the inside of the	20 resp	3		
	AFB hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a				Shoulder stability Scapular positioning & control
	straight shoulder alignment, rib cage down & engage the core - Through straight legs perform 1/2 circles around the AFB hand loop straps (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic titt)				Soudies stability Scapular positioning & control Understanding AFB-FFH Hang height Core control & engagement Lower back control & engagement Tomad Aba Tomad Aba & Control & Engagement
	roung through the hips (maintain posterior pervic titt)  - Aim to get as wide circle as flexibility allows  - Externally rotate shoulders & supinate forearms on the circle lift (turn little fingers towards body)				Solid body base & posture Reduce lower back pain Grp strength & rotation Muscle endurance Preparation for eiter aerial skills Breathing control
R 1/2 Circles	Short controlled breaths     Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight	5 reps	3		
	Are name toop strapps a keep ellows straight.  - Set body into Fly Hang height (mid point between scapula elevation & depression)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core				Shoulder stability Scapular positioning & control Understanding AFB 'Ply Hang' height Core control & engagement Lower back control & engagement
	straight shoulder alignment, rib cage down & engage the core -Through straight legs perform 1/2 circles around the AFB hand loop straps (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior peivic tilt) - Alm to get as wide circle as flexibility allows				Color Cultinua de rejudigilentes la Color Cultinua de rejudigilente la Color Cultinua de Rejudigilente la Social dough base à posture Reduce lower back pain Grip strength à rotation Muscle endurance
L 1/2 Circles	- Aim to get as wide circle as flexibility allows     - Externally rotate shoulders & supinate forearms on the circle lift (turn little fingers towards body)     - Short controlled breaths	5 reps			Grip strength & rotation Muscle endurance Preparation for elite aerial skills Breathing control
30 seconds rest	someoned present				

	Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight     Set body into Fly Hang height (mid point between scapula)			
	<ul> <li>Set body into Fly Hang height (mid point between scapula elevation &amp; Geyression)</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 (hijo flexion), drawing the belly button to the spine &amp; rounding through the hijo (maintain posterior pelvic Itil)</li> <li>Twist from side 2 side and engaging obliques aiming to drive the hins un</li> </ul>			Scapular positioning & control Understanding AFB 'Fly Hang' height
	straight shoulder alignment, rib cage down & engage the core - Raise knees to chest (hip flexion), drawing the belly button to the soine & rounding through the hips (maintain posterior pelvic tilt)			Lower back control & engagement Toned Abs Solid body base & costure
	Twist from side 2 side and engaging obliques aiming to drive the hips up.     Externally rotate shoulders & suninate forearms on the knee lift.			Soudier stability Sougiar positioning A control Understanding ARE Ryl-Kengr height Conce control & Gregoriage Area Control & Gregoriage Area Control & Gregoriage Control Cont
	hips up. The state of the stage	20 reps	3	Preparation for eite aerial skills Breathing control
				Shoulder stability
	I - Hisbe the hands shoulder worth apart through the inside of the AFB hand loop straps & keep elbows straight - Set body into Fly Herp height (mid point between scapula elevations & dependence) and the strategistic country that shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core - Rase the knees to the chest and hold (fin) felson), drawing the belly button to the spline & rounding through the hips (maintain looseling role) with the spline & rounding through the hips (maintain looseling role) with the spline & rounding through the hips (maintain looseling role) with the spline & rounding through the hips (maintain looseling role) with the spline & rounding through the hips (maintain looseling role) with the spline & rounding through the hips (maintain looseling role) with the spline & rounding through the hips (maintain looseling role) with the spline & rounding through the spline is the spline of the spline is the spline of the spline is the spline of the spline is th			Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement
	straight shoulder anginnent, no cage down a engage the core - Raise the knees to the chest and hold (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain			Lower back control & engagement Toned Abs Solid body base & posture
	Deity Outcome Livie Spine a trouting introduction in the rips (maintain posterior pelvic).  - Externally rotate shoulders & supinate forearms on the knee lift (turn title ingres towards body).  - Short controlled breaths.  - Progression: Legs straight			Shoulder stability by a control Understanding ARE Try Heard height Understanding ARE Try Heard height Come Unable Control of engagement South Unable Control of engagement South Unable Control of engagement South Un
Tuck hold max hold	- Short controlled breaths * Progression: Legs straight	Max hold	3	Breathing control
1 MINUTE REST X 3 FLIGHTS				



AFR CORE DI ACT O				MILECULAR	
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
				Strengthen: Deltoids Rotator Cuff muscles	
				Hotator Cur muscles Glute engagement Core engagement Obliques Blicep and Triceps Hip Flexors strength	
				Hip Flexors strength  Synergists: Tensor fasciae latae	
				Pedineus Sartorius Adductor longus & adductor brevis	
				Stabilisers: Rectus Abdominis Obliques	
				Leg lift: Rectus femoris	
				Iliopsoas TFL Adductors	
				Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position	
	- Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight			Grip strength; Forearms	
	- Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a			Flexors: Policis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Shoulder stability Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement
	straight shoulder alignment, rib cage down & engage the core - Through straight legs raise the feet in between the AFB hand loop strains (hip flexion), drawing the helly button to the spine & rounding			Extensors: Extensor policis longus and brevis (thumb	Solid horly base & posture
	through the hips (maintain posterior pelvic tilt)  - Externally rotate shoulders & supinate forearms on the leg lift (turn little fingers towards body)			extender) Extensor digitl minimi (pinky finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Reduce lower back pain Grip strength & rotation Muscle endurance Preparation for eller aerial skills
Straight full leg lifts	Short controlled breaths  Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight	10 reps	3	3	Preparation for elite aerial skills Breathing control
	- Set body into Fly Hang height (mid point between scapula elevation & depression)				Soucher deathly Soughar possitioning is contest Understanding ART Try Heary Regist Understanding ART Try Heary Regist Conce control & engingement South Lance Lank Control & engingement South Lance Lank Control & engingement Finduce lower bank pain Finduce lower bank pain Manuals endurance Preparation for either sented skills Breakting Control Frequency
	Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core     Alternate feet and raise in between the AFB band long straps (hip.)				Lower back control & engagement Toned Abs Solid body base & posture
	flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the alternate				Reduce lower back pain Grip strength & rotation Muscile endurance  Perspective for eathy agent skills
Straight alternate full leg lifts 30 seconds rest	leg lift (turn little fingers towards body) - Short controlled breaths	20 reps		3	Breathing control
SUSCINISTICS!	Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight     Set body into Fly Hang height (mid point between scapula)				Shoulder stability Second to positioning & control
	elevation & depression) - Stabilize and block through the shoulders and scanula keeping a				Shoulder stability Scapular positioning & control Understanding AFB TFy Hang' height Core control & engagement Lower back control & engagement
	straight shoulder alignment, rib cage down & engage the core - Through straight legs raise the feet from side 2 side (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tit)				Solid hody base & posture
	Externally rotate shoulders & supinate forearms on the leg lift (turn little fingers towards body)		_		Reduce lower back pain Cip strength & rotation Muscle endorance Preparation for elthe aerial skills Breathing control
Leg lifts right and left; pike to bar	Short controlled breaths     Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight	10 reps	·	5	Shoulder stability Scapular postitioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement
	Set body into Fly Hang height (mid point between scapula elevation & depression)     Stabilize and block through the shoulders and scapula keeping a				Core control & engagement Lower back control & engagement Toned Abs
	straight shoulder alignment, rib cage down & engage the core - Straight leg raise and hold (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt)				Toned Abs Solid body base & posture Reduce lower back pain Grip strength & rotation Myretic expenses
Leg lift hold max hold	Externally rotate shoulders & supinate forearms on the leg lift hold (turn little fingers towards body)     Short controlled breaths	Max hold	:	3	Grip strength & rotation Muscle endurance Preparation for elite aerial skills Breathing control
30 seconds rest	Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight				Shoulder stability
	Set body into Fly Hang height (mid point between scapula elevation & depression)     Stabilize and block through the shoulders and scapula keeping a				Shoulder stability Scapular positioning & control Understanding AFG Ply Hang' height Core control & engagement Jouen Each Control & engagement
	straight shoulder alignment, rib cage down & engage the core - Through straight legs raise the feet to strap level and tic toc from side 2 side (hip flexion), drawing the helly button to the spine &				Solid body base & posture Reduce lower back pain
	rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the tic tocs (furn little fingers towards body)				Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Grp strength & robation Mascle endocarrec Preparation for eith sends skills Breathing control
Fly leg lift tic tocs	- Short controlled breaths - Place the hands shoulder width apart through the inside of the	20 reps		3	
	AFB hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression) - Stabilize and block through the shoulders and scapula keeping a				Shoulder stability Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement
	straight shoulder alignment, rib cage down & engage the core - Straight fly leg lift and hold in between AFB straps (hip flexion), drawing the belly button to the spine & rounding through the hips				Solid body base & posture Reduce lower back pain
	(maintain posterior pelivic tilt)  - Externally rotate shoulders & supinate forearms on the fly leg lift hold (turn little fingers towards body)				Grip strength & rotation Muscle endurance Preparation for elike aerial skills Breathing control
Fly leg lift hold: max hold 30 seconds rest	- Short controlled breaths	Max hold	:	3	
	Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight     Set body into Fly Hang height (mid point between scapula				Shoulder stability
	elevation & depression)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core				Shoulder stability Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement
	<ul> <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</li> </ul>				Reduce lower back pain
	hips up and hold for 1 second  - Externally rotate shoulders & supinate forearms on the oblique twist (turn little fingers towards body)				Grip strength & rotation Muscle endurance Preparation for elite aerial skills Breathing control
AFB oblique twists 1 second hold each side	Short controlled breaths     Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight	20 reps	-	5	
	Set body into Fly Hang height (mid point between scapula elevation & depression)     Stabilize and block through the shoulders and scapula keeping a				Shoulder stability Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement
	straight shoulder alignment, rib cage down & engage the core - Raise legs to pike position and hold (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior				Solid body base & posture
	pelvic tilt) - Externally rotate shoulders & supinate forearms on the pike hold				Reduce lower back pain Grip strength & rotation Muscle endurance Preparation for elite aerial skills
Pike hold max hold	(turn little fingers towards body) - Short controlled breaths	Max hold	:	3	Preparation for elife aerial skills Breathing control
1 MINUTE REST X 3 FLIGHTS					



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
				Strengthen: Deltoids Rotator Cuff muscles	
				Glute engagement Core engagement Obliques	
				Obliques Bicep and Triceps Hip Flexors strength	
				Synergists: Tensor fasciae latae Pectineus	
				Sartorius Adductor longus & adductor brevis	
				Stabilisers: Rectus Abdominis Obliques	
				Leg lift: Rectus femoris	
				Iliopsoas TFL Adductors	
				Flexibility: ROM in shoulders (stabilisation & strength through different ROM)	
	Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight     Set body into Fly Hang height (mid point between scapula)			Hip flexors and hamstrings in pike position	
	elevation & depression)  Stabilize and block through the shoulders and scanula keeping a			Grip strength; Forearms Flexors:	Shoulder stability
	straight shoulder alignment, rib cage down & engage the core  - Through straight legs raise the feet in between the AFB hand loop latrans and hold for 1 second each rep (hip flexion) drawing the			Policis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement
	belly button to the spine & rounding through the hips (maintain posterior pelvic tilt)			Extensors: Extensor politicis longus and brevis (thumb	Toned Abs
	Lower legs on 3 second count back to fly hang position     Externally rotate shoulders & supinate forearms on the leg lift (turn little fingers towards body)			extender) Extensor digiti minimi (pinky finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Social dooly date is posture Reduce lower back pain Grip strength & rotation Muscle endourner Preparation for elite aerial skills Breathing control
Straight Full leg lifts with 1 second hold and eccentric lower down 3 seconds	- Short controlled breaths	5 reps		Extensor digitorum (all finger extender)	Preparation for eithe aerial skills Breathing control
	Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight     Set had judge Straps beginning to the physical popular to the straight that the straight straight the straight straight the straight straight that the straight straight the straight st				Shoulder stability  Consular positioning & control
	Set body into Fly Hang height (mid point between scapula elevation & depression)     Stabilize and block through the shoulders and scapula keeping a				Understandig AFB 191 Hang height Core control & engagement Lower back control & engagement
	straight shoulder alignment, rib cage down & engage the core - Alternate feet and raise in between the AFB hand loop straps & build for 1 con cosh pide (his flexion), drawing the belly butter to the				Toned Abs Solid body base & posture Reduce Inwer back pain
	spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the alternate				Soudier subtility Sopalar positioning is control Understanding APS Thy Heary Regist Core control & Geograpment Found APS Committed Committed Tomate APS Committed Found APS Committed Foun
Straight alternate full leg lifts with 1 second hold each side	leg lift (turn little fingers towards body) - Short controlled breaths	10 reps	3		Breathing control
SU SELONIOS FEST	- Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight				
	Set body into Fly Hang height (mid point between scapula elevation & depression)     Stabilize and block through the shoulders and scapula keeping a				Shoulder stability Scapidar positioning & control Understanding AFS Fly Hang' height Come control & engagement Tomer Abox Tomer Abox Solid body base & posture Bedruen lawer han pain
	straight shoulder alignment, rib cage down & engage the core				Core control & engagement Lower back control & engagement Toned Abs
	loop straps (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt)  - Aim to get as wide circle as flexibility allows				Solid body base & posture Reduce lower back pain Grip strength & rotation
	- Externally rotate shoulders & supinate forearms on the circle lift (turn little fingers towards body)				Reduce lower back pain Grip strength & rotation Muscle enducance Preparation for elite aerial skills Breathino controllol
Straight leg lifts circles; pike to bar R & L	- Short controlled breaths - Place the hands shoulder width apart through the inside of the	5 reps	3		
	AFB hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression)				Shoulder stability Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement
	Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core     Raise to leg lift position & hold (hip flexion), drawing the belly				Lower back control & engagement Toned Abs
	button to the spine & rounding through the hips (maintain posterior nelvic tilt)				Lower dack control a engagement Tomen Abis Solid body base & poshurre Reduce lower back pain Gry strength & robation Mascale enducation Mascale enducation for either agents of the Breathing control Breathing control
Straight leg lift hold max hold	Externally rotate shoulders & supinate forearms on the pike hold (turn little fingers towards body)     Short controlled breaths	Max hold	3		Preparation for elite aerial skills Breathing control
30 seconds rest	- Place the hands shoulder width apart through the inside of the				
	AFB hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression)				Shoulder stability Scanular positioning & control
	elevation & depression)  - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core - Through straight legs raise the feet to strap level and tic toc from				Understanding AFB "Fly Hang" height Core control & engagement
	<ul> <li>Through straight legs raise the feet to strap level and tic toc 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</li> </ul>				Soudies stability Sapplar profitioning & control Understanding AFIS Pty Hang height Understanding AFIS Pty Hang height Core control & angagement Lower back control & engagement Toned Abis Solid body base & posture Reduce lower back pain
	posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the tic tocs				Grip strength & rotation Muscle endurance Preparation for eithe serial skills Breathing control
Fly leg lift tic tocs with 1 second hold	(turn little fingers towards body) - Short controlled breaths - Place the hands shoulder width apart through the inside of the	10 reps	3		Breathing control
	AFB hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula				Shoulder stability Scapular positioning & control
	elevation & depression) - Stabilize and block through the shoulders and scapula keeping a				Shoulder stability Scapular postboring & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement
	straight shoulder alignment, rib cage down & engage the core - 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 &				Cover back Comor a engagement Toned Abs Solid body base & posture Reduce lower back pain Grip strength & rotation
	rounding through the hips (maintain posterior pelvic tilt)  - Externally rotate shoulders & suninate forearms on the tic tocs				Grip strengm & rotation Muscle endurance Preparation for eithe aerial skills Breathing control
Fly leg lift hold kicks; max hold  30 seconds rest	(turn little fingers towards body) - Short controlled breaths	10 kicks	3		
	Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight     Set body into Fly Hang height (mid point between scapula)				
	elevation & depression) - Stabilize and block through the shoulders and scanula keeping a				Shoulder stability Scapular positioning & control Londerstration AED "Shoulder beliebt
	straight shoulder alignment, rib cage down & engage the core - Raise knees to chest (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt)				Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs
	Twist from side 2 side and engaging obliques aiming to drive the hips up and over to inverted hang position     Slowly lower back down to tuck oblique height and repeat				Solid body base & posture
	Externally rotate shoulders & supinate forearms on the oblique twist (turn little fingers towards body)				Reduce lower back pain Grip strength is rotation Muscle endurance Preparation for elibe aerial skills Breathing control
AFB oblique twists into inverted hang	Short controlled breaths     Place the hands shoulder width apart through the inside of the	5 reps	3		
	AFB hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation & depression)				Sociales cuality Googles proteinings of control Lindensanings of RT Try Handy Regist Lindensanings of RT Try Handy Regist Lineer back control Registers Lineer back control Registers Regi
	Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core     Raise legs to inverted pike position and hold (hip flexion), drawing.				Lower back control & engagement Toned Abs
	the belly button to the spine & rounding through the hips (maintain				Reduce fower back pain Grip strength & rotation Muscle endurance
Inverted max hold	Externally rotate shoulders & supinate forearms on the inverted max hold (turn little fingers towards body)     Short controlled breaths	Max hold	,		Preparation for elite aerial skills Breathing control
1 MINUTE REST X 3 FLIGHTS					