



## **AFB RESISTANCE BAND BODY FLOW APPENDIX**

### **Program Description**

The 'Resistance Band Body Flow' will focus on stabilising, strengthening & stimulating specific muscle activations & joint articular rotations to hang & perform aerial skills on our AFB straps.

### **Resistance Band Body Flow Tutorial**

The tutorial will take you through a full body flow that you can implement into your aerial fitness routine:

- Warm up
- Cool down
- Time efficient resistance band workout flow

Our AFB resistance band body flow will focus on & benefit:

- Joint training systems
- Articular rotations
- Mobility & flexibility
- Strength & stability
- Specific movement patterns
- Core activation
- Recovery & Injury Prevention
- Preparation for AFB programs

### **Equipment**

- Resistance Bands - *variety of resistance strengths*

## **Appreciation of your achievements**

During your AFB training journey please share your successful & progressional aerial fitness stories with us through photos and videos.

For further information email us at [info@aerialfitnessbodies.com](mailto:info@aerialfitnessbodies.com)

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Cheers,

Stustraps

**Let's Fly Into Fitness!**