



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 Warm Up'**!

Our warm up will prepare the body & nervous system focusing on:

- Strength through mobility & articular rotations - *working outer ranges of motion*
- Increase flexibility (2 minute holds)
- Increase heart rate & blood flow to get the body ready to hang
- Breath control & tension within the body
- Injury prevention
- Corrective movement patterns for specific hanging exercises
- Body alignment & posture
- Mental preparation
- All abilities

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"