

WORKOUT VIDEO LINK:
<https://www.aerialfitnessbodies.com/core-blast>



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

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

Options: Tuck or straight legs = Train correct reps NOT high broken reps

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	- 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 straight shoulder alignment, rib cage down & engage the core - Alternate knees raises to the chest (hip flexion), drawing the belly button 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 * Progression: Legs straight	10 reps		Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Hip Flexors strength Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis Stabilisers: Rectus Abdominis Obliques Leg lift: Rectus femoris Isopsoas TFL Adductors Flexibility: ROM in shoulders (stabilisation & strength through elevated ROM) Hip flexors and hamstrings in pike position Grip strength; Forearms Flexors: Psoas longus (thigh flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors) Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	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
Tuck alternates leg lifts from floor halfway	- 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 straight shoulder alignment, rib cage down & engage the core - Alternate knees raises to the chest (hip flexion), drawing the belly button 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 * Progression: Legs straight	20 reps		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	- 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 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 (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the leg lift (turn little fingers towards body) - Short controlled breaths	10 reps		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	- 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 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 (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the leg lift (turn little fingers towards body) - Short controlled breaths	20 reps		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	- 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 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 tilt) - 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		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	- 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 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 tilt) - 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		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>AFB oblique twists</p>	<ul style="list-style-type: none"> - 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 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) - Twist from side 2 side and engaging obliques aiming to drive the hips up - Externally rotate shoulders & supinate forearms on the knee lift (turn little fingers towards body) - Short controlled breaths 	<p>20 reps</p>	<p>3</p>		<ul style="list-style-type: none"> 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
<p>Tuck hold max hold</p>	<ul style="list-style-type: none"> - 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 straight shoulder alignment, rib cage down & 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 posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the knee lift (turn little fingers towards body) - Short controlled breaths - Progression: Legs straight 	<p>Max hold</p>	<p>3</p>		<ul style="list-style-type: none"> 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
<p>1 MINUTE REST X 3 FLIGHTS</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>Straight full leg lifts</p> <ul style="list-style-type: none"> - 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 straight shoulder alignment, rib cage down & engage the core - Through straight legs raise the feet in between the AFB hand loop straps (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the leg lift (turn little fingers towards body) - Short controlled breaths 	10 reps	3	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Psoas/mus Sartorius Abductor longus & adductor brevis</p> <p>Stabilisers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Iliopsoas TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through external ROM) Hip flexors and hamstrings in pike position Grip strength, Forearms</p> <p>Flexors: Psoas longus (thrust flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: 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 & 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</p>	
<p>Straight alternate full leg lifts</p> <ul style="list-style-type: none"> - 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 straight shoulder alignment, rib cage down & engage the core - Alternate feet and raise in between the AFB hand loop straps (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the alternate leg lift (turn little fingers towards body) - Short controlled breaths 	20 reps	3		<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</p>	
<p>Leg lifts right and left; pike to bar</p> <ul style="list-style-type: none"> - 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 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 tilt) - Externally rotate shoulders & supinate forearms on the leg lift (turn little fingers towards body) - Short controlled breaths 	10 reps	3		<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</p>	
<p>Leg lift hold max hold</p> <ul style="list-style-type: none"> - 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 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) - Externally rotate shoulders & supinate forearms on the leg lift hold (turn little fingers towards body) - Short controlled breaths 	Max hold	3		<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</p>	
<p>Fly leg lift tic tocs</p> <ul style="list-style-type: none"> - 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 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 belly button to the spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the tic tocs (turn little fingers towards body) - Short controlled breaths 	20 reps	3		<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</p>	
<p>Fly leg lift hold: max hold</p> <ul style="list-style-type: none"> - 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 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 (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the fly leg lift hold (turn little fingers towards body) - Short controlled breaths 	Max hold	3		<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</p>	
<p>AFB oblique twists 1 second hold each side</p> <ul style="list-style-type: none"> - 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 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) - Twist from side 2 side and engaging obliques aiming to drive the hips up and hold for 1 second - Externally rotate shoulders & supinate forearms on the oblique twist (turn little fingers towards body) - Short controlled breaths 	20 reps	3		<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</p>	
<p>Pike hold max hold</p> <ul style="list-style-type: none"> - 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 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 pelvic tilt) - Externally rotate shoulders & supinate forearms on the pike hold (turn little fingers towards body) - Short controlled breaths 	Max hold	3		<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</p>	
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
Straight Full leg lifts with 1 second hold and eccentric lower down 3 seconds	<ul style="list-style-type: none"> - 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 straight shoulder alignment, rib cage down & engage the core - 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 & rounding through the hips (maintain posterior pelvic tilt) - 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) - Short controlled breaths 	5 reps	3	Strengthen: Deltoids Rotator Cuff muscles Core engagement Core engagement Obliques Biceps and Triceps Hip Flexors strength Synergists: Tensor fasciae latae Psoas Sartorius Adductor longus & adductor brevis Stabilizers: Rectus Abdominis Obliques Lag lift: Rectus femoris Iliopsoas ITL Adductors Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Grip strength: Forearms Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors) Extensors: 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
Straight alternate full leg lifts with 1 second hold each side 30 seconds rest	<ul style="list-style-type: none"> - 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 straight shoulder alignment, rib cage down & engage the core - Alternate feet and raise in between the AFB hand loop straps & hold for 1 sec each side (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the alternate leg lift (turn little fingers towards body) - Short controlled breaths 	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 30 seconds rest	<ul style="list-style-type: none"> - 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 straight shoulder alignment, rib cage down & engage the core - Through straight legs perform full circles around the AFB hand 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 - Externally rotate shoulders & supinate forearms on the circle lift (turn little fingers towards body) - Short controlled breaths 	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"> - 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 straight shoulder alignment, rib cage down & engage the core - Raise to leg lift position & hold (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the pike hold (turn little fingers towards body) - Short controlled breaths 	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 30 seconds rest	<ul style="list-style-type: none"> - 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 straight shoulder alignment, rib cage down & engage the core - 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 & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the tic tocs (turn little fingers towards body) - Short controlled breaths 	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"> - 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 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 & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the tic tocs (turn little fingers towards body) - Short controlled breaths 	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 30 seconds rest	<ul style="list-style-type: none"> - 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 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) - 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 - Externally rotate shoulders & supinate forearms on the oblique twist (turn little fingers towards body) - Short controlled breaths 	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 1 MINUTE REST X 3 FLIGHTS	<ul style="list-style-type: none"> - 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 straight shoulder alignment, rib cage down & engage the core - Raise legs to inverted pike position and hold (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms on the inverted max hold (turn little fingers towards body) - Short controlled breaths 	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