

WORKOUT VIDEO LINK:
<https://www.aeralfitnessbodies.com/skin-the-cat-progressions>



Skin The Cat Progression Tutorial

***Our 'Skin The Cat' progressions can be interlinked with our AFB specialised programs**
***Recommendation = 3 x week**

Common Mistakes to Avoid:

- Anterior pelvic tilt (arching lower back)
- *Focus on posterior pelvic tilt; keep the feet slightly in front of the body
- Lifting the chin to complete pull up
- Keep neutral head position
- Breaking the straight shoulder alignment & pushing elbows in front of the body
- Maintain scapula & humeral head position (shoulders down & back)
- Don't tuck in the back & raise ribs (engage your pull)
- Maintain engaged core & keep ribs down and in
- Bending the arms & legs to pull over
- Maintain straight arms & engage lower abs to roll over

FLOOR 2 FLY WARM UP

Specific movement patterns & muscular engagements to then fly on our AFB straps.

FLOOR EXERCISE	COACHING CUES	REPS (adjust to personal needs)	FLIGHTS (adjust to your personal needs)	REST (adjust to personal needs)	MUSCULAR ENGAGEMENTS	BENEFITS
Dish Hold	- Begin by laying on your back with arms above head - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Push hands and toes away to elongate solid dish position - Hold dish position maintaining core engagement - Controlled breathing	Max hold		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Glutes Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Dish Hold Rocks	- Begin by laying on your back with arms above head - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Slowly rock backwards and forwards (vertebrae by vertebrae) - Controlled breathing	20 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Glutes Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Dish Hold Angels	- Begin by laying on your back with arms above head - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Slowly raise the arms up & down to the side of the body - Controlled breathing	10 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Glutes Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Dish Hip Drives	- Begin by laying on your back with arms above head - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Push hands and toes away to elongate solid dish position - Hold dish position maintaining core engagement - Lift legs so toes are pointing to sky & drive hips off the floor - Keep arms behind head and engage lower ab to drive feet up - Controlled breathing	10 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Glutes Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Pike Over - Pike Stretch - Pike Hip Flexor	- Begin by laying on your back with arms above head - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Push hands and toes away to elongate solid dish position - Hold dish position maintaining core engagement - Pike feet over the head (right pike) & lower back down vertebrae by vertebrae dish position - Rise upper body keeping arms behind head & lower to a pike stretch (belly button to knees) - Place hands by heels & lift feet off the floor- engage hip flexors (legs straight) - Repeat - Controlled breathing	5 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Glutes Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Straddle Over - Straddle Stretch - Straddle Hip Flexor	- Begin by laying on your back with arms above head - Irradiate throughout the body (50%) - Lift the arms and legs together to dish hold position keeping lower back to the floor - Push hands and toes away to elongate solid dish position - legs in straddle position - Hold dish position maintaining core engagement - Straddle feet over the head (right straddle) & lower back down vertebrae by vertebrae dish position - Rise upper body keeping arms behind head & lower to a straddle stretch (belly button to floor) - Place hands in between feet (heel level) & lift feet off the floor- engage hip flexors (legs straight) - Repeat - Controlled breathing	5 reps		1 Flow	Rectus abdominis Transverse abdominals Obliques Erector spinae Core engagement Glutes Hip Flexors	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control

Once you feel safe & comfortable with 5 reps move onto the next progression

SKIN THE CAT PROGRESSIONS	COACHING CUES	REPS Once you feel safe & comfortable: - 8 reps - 5 seconds hold - Fly onto the next progression	FLIGHTS	REST (adjust to personal needs)	MUSCULAR ENGAGEMENTS	BENEFITS
Fly Hang (max hold)	- Set AFB straps shoulder width apart, place hands on the inside of the AFB straps, grip lightly above the loop onto the strap & keep elbows straight - Sit into the weight bearing position, stabilize shoulders and scapula with slight wrist rotation in towards the strap (little finger inwards = shoulder external rotation & forearm supination) - Keep a straight shoulder alignment, rib cage down and slowly lift feet off the floor - Elevate the shoulders into a shoulder shrug (scapula elevation into scapula depression) and then slowly lower halfway down into a comfortable hanging position, this is your FLY HANG height - Short controlled breaths	Max hold		3:30 - 00 seconds	Strengthen: Deltoids Pectoral cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus dorsi Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position End range shoulder extension Grip strength: Forearms Flexors: Polex 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)	Understanding AFB 'Fly Hang' Shoulder stability Scapular positioning & control Core control & engagement Lower back control & engagement Grip strength & rotation Solid body base & posture Reduce lower back pain Breathing control
Scapula pull ups (Scapula Elevation & Depression)	- 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 and slowly lift feet off the floor - Engage delts, lats and the core - Elevate (shrug) and depress (lower) the scapula = shoulder shrugs - Externally rotate shoulders & supinate forearms on the shrug (turn little fingers towards body) - Short controlled breaths	10 reps		3:30 - 00 seconds	Strengthen: Deltoids Pectoral cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus dorsi Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position End range shoulder extension Grip strength: Forearms Flexors: Polex 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 Core control & engagement Lower back control & engagement Grip strength & rotation Solid body base & posture Reduce lower back pain Breathing control

<p>Fly Hang wrist rotations</p>	<ul style="list-style-type: none"> - Set AFB straps shoulder width apart, place hands on the inside of the AFB straps, grab tightly above the loop onto the strap & keep elbows straight - Sit into the weight bearing position, stabilize shoulders and scapula with slight wrist rotation inwards the strap (little finger inwards = shoulder external rotation & forearm supination) - Keep a straight shoulder alignment, rib cage down and slowly lift feet off the floor - Elevate the shoulders into a shoulder shrug (scapula elevation into scapula depression) and then slowly lower halfway down into a comfortable hanging position: this is your FLY HANG height - Rotate wrists into supinated and pronated grip (shoulder external & internal rotation) - Short controlled breaths 	<p>20 reps III</p>		<p>Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus dorsi</p> <p>Flexibility: ROM in shoulders (stabilization & strength through different ROM) Hip flexors and hamstrings in pike position End range shoulder extension</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) Extensor digiti minimi (pinkie finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)</p>	<p>Understanding AFB Fly Hang/ Shoulder stability Scapular positioning & control Core control & engagement Lower back control & engagement Grip strength & rotation Solid body base & posture Reduce lower back pain Breathing control</p>
<p>Tuck leg lifts from floor halfway</p>	<ul style="list-style-type: none"> - Place the hands shoulder width apart through the inside of the AFB hand top 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 (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>10 reps</p>		<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis</p> <p>Stabilizers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Iliopsoas TTL Adductors</p> <p>Flexibility: ROM in shoulders (stabilization & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) 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 Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>
<p>Tuck hip rolls - drive up with hips</p>	<ul style="list-style-type: none"> - Place the hands shoulder width apart through the inside of the AFB hand top 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 (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt) - Roll hips up and over (tilt pelvis & ppt) so knees are tight to chest and you achieve a higher knee tuck - Externally rotate shoulders & supinate forearms on the knee lift (turn little fingers towards body) - Short controlled breaths - Progression: Legs straight 	<p>10 reps</p>		<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Latissimus Dorsi Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis</p> <p>Stabilizers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Iliopsoas TTL Adductors</p> <p>Flexibility: ROM in shoulders (stabilization & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) 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 Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>
<p>Jump into inverted position hold</p>	<ul style="list-style-type: none"> - Place the hands shoulder width apart through the inside of the AFB hand top 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 - Kick up over into inverted position & hold - Slowly lower back down to fly hang position - Short controlled breaths *Options: Legs tuck, straight *Progressions: Roll over, leg lift over 2 inverted *Spatial awareness 	<p>Max hold</p>		<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis</p> <p>Stabilizers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Iliopsoas TTL Adductors</p> <p>Flexibility: ROM in shoulders (stabilization & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) 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 Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</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 - Externally rotate shoulders & supinate forearms on the knee lift (turn little fingers towards body) - Draw the belly button to the spine & round through the hips (maintain posterior pelvic tilt) - Raise the knees to the chest (hip flexion) & roll over to inverted position - Slowly lower back down to fly hang position & repeat - Short controlled breaths *Options: Legs tucked straight *Progressions: Roll over, leg lift over 2 inverted *Spatial awareness 	5 reps		<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis</p> <p>Stabilizers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) 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 Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>
Inverted tuck rocks	<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 - Externally rotate shoulders & supinate forearms on the knee lift (turn little fingers towards body) - Draw the belly button to the spine & round through the hips (maintain posterior pelvic tilt) - Raise the knees to the chest (hip flexion) & roll over to inverted position - Rock backwards & forwards controlling inverted position - Short controlled breaths *Options: Legs tucked straight *Progressions: Roll over, leg lift over 2 inverted *Spatial awareness 	10 reps		<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis</p> <p>Stabilizers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) 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 Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>
Inverted leg lifts	<ul style="list-style-type: none"> - Place the hands shoulder width apart through the inside of the AFB hand loop straps - Engage the shoulders and squeeze the shoulder blades together and down - Engage the core to keep the body straight so the shoulder angle does not break - Raise the knees to the chest, drawing the belly button to the spine (depending on flexibility ranges) and pull over into inverted position (Progression: legs straight) - From invert raise legs up to bar and back to pike invert position; block through strap and maintain shoulder stability and core engagement throughout movement - Exhale when lift and inhale as your slowly lower back to the engaged inverted position. 	10 reps		<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis</p> <p>Stabilizers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) 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 Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>
End range hang - center in end range	<ul style="list-style-type: none"> - Lower the bar (or stand on a raised platform) & place hands in AFB straps from behind - Sit into the strap with arms behind you, knuckles facing up and should feel a slight stretch in shoulders and pecs - Engage core, maintain shoulder & scapula stability - Slowly release into reverse hanging position - Short controlled breaths *Option - keep feet on the floor to feel the stretch & the outer range you feel comfortable to hang at 	Max holds		<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis</p> <p>Stabilizers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Biceps TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) 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 Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>

<p>- Lower the bar (or stand on a raised platform) & place hands in AFB straps from behind - Sit into the strap with arms behind you, knuckles facing up and should feel a slight stretch in shoulders and pecs - Engage core, maintain shoulder & scapula stability - Slowly release into reverse hanging position & control tiny jumps (feet on & off) into the full weighted end range position - Short controlled breaths *Option - keep feet on the floor to feel the stretch & the outer range you feel comfortable to hang at</p>				<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor 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 different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) 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 Tiy Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>
<p>End range hang - release feet on & off floor (tiny jump)</p>		<p>Max reps to feel comfortable</p>	<p>3 30 - 90 seconds</p>		
<p>- Lower the bar (or stand on a raised platform) & place hands in AFB straps from behind - Sit into the strap with arms behind you, knuckles facing up and should feel a slight stretch in shoulders and pecs - Engage core, maintain shoulder & scapula stability - Slowly release into end range reverse hanging position - Drive up through hips into inverted hanging position, pull down & block against straps - Slowly lower back to end range hang & repeat - Short controlled breaths *Option - tuck, straight legs</p>		<p>5 reps</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor 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 different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) 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 Tiy Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>
<p>- Lower the bar (or stand on a raised platform) & place hands in AFB straps from behind - Sit into the strap with arms behind you, knuckles facing up and should feel a slight stretch in shoulders and pecs - Engage core, maintain shoulder & scapula stability - Slowly release into end range reverse hanging position - Drive up through hips into inverted hanging position, pull down & block against straps - Continue rolling over to fly hang height - maintain light compressed body position - Short controlled breaths *Option - tuck, straight legs</p>		<p>5 reps</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor 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 different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) 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 Tiy Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>
<p>Tuck skin the cat all the way over - feet to floor</p>	<p>- Place the hands shoulder width apart through the inside of the AFB straps - Engage the shoulders and squeeze the shoulder blades together and down - Maintain straight shoulder angle from the hands to the hips - Tuck the legs to the chest, drawing the belly button to the spine (depending on flexibility ranges) and exhale - Roll hips over into inverted position blocking through the straps with the wrists and engaging the core, lats and shoulder and scapula stability - Continue rolling through to reverse tuck hanging position keeping full body engagement and maintaining shoulder stability until there is a slight stretch on the shoulders - Place feet on the floor for support - Pull back up through the hips, blocking against the strap to the inverted position - Continue lowering down through an eccentric tuck leg lift keeping correct shoulder alignment back to the fly hang position. - Short controlled breaths throughout movement</p>	<p>5 reps</p>	<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor 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 different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) 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 Tiy Hang' height Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>

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<p>Tuck full skin the cat</p>			<p>3 30 - 90 seconds</p>		
<p>- Place the hands shoulder width apart through the inside of the AFB straps - Engage the shoulders and squeeze the shoulder blades together and down. - Maintain straight shoulder angle from then hands to the hips - Raise the feet to in between the AFB hand loop straps, drawing the belly button to the spine (depending on flexibility ranges) and exhale. - Roll hips over into inverted position blocking through the straps with the wrists and engaging the core lats and shoulder and scapula stability - Continue rolling through to reverse hanging position keeping full body engagement and maintaining shoulder stability until there is a slight stretch on the shoulders - Pull back up through the hips, blocking against the strap to the inverted position - Continue lowering down through an eccentric leg lift keeping correct shoulder alignment back to the fly hang position. - Short controlled breaths throughout movement</p>				<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Hip Flexors strength</p> <p>Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis</p> <p>Stabilizers: Rectus Abdominis Obliques</p> <p>Leg lift: Rectus femoris Iliopsoas TFL Adductors</p> <p>Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT</p> <p>Grip strength: Forearms</p> <p>Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)</p> <p>Extensors: Extensor pollicis longus and brevis (thumb extender) 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 Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control</p>
<p>Strict skin the cat</p>	<p>5 reps</p>		<p>3 30 - 90 seconds</p>		
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<p>Fun Challenge = Play with skin the cat shapes</p>			<p>3 30 - 90 seconds</p>		