



## CONGRATULATIONS AND WELCOME TO AERIAL FITNESS BODIES!

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.

This program has been designed to improve your core strength and control to benefit your aerial hanging technique to progress you to more advanced aerial skills.

The core blast program consists of 3 progressional video workouts; *Beginner, Intermediate, Advance*, of approximately 15 minutes each (3 full rounds).

Focusing on creative hanging ab challenges to control, engage & develop your core stabilizers & overall mobility in the air.

Once you feel confident and comfortable with Core blast 1 you may fly onto Core Blast 2 onto 3; we recommend a 4 week progression period of 3 x a week.

In order to get the full benefit from the core blast programs it is recommended that you view the '*Introduction video*' & '*Exercise Library*' this will ensure that you have all the required information to begin.

Now we are ready to '*fly into fitness*' on this fun & challenging core blast journey.

For further help and advice contact the team at: [info@aerialfitnessbodies.com](mailto:info@aerialfitnessbodies.com)

Cheers,

Stustraps