



One Arm Leg Lift Progression Tutorial

***Our 'One Arm Leg Lift' 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 break on the back & ease rib cage as you pull
 - *Maintain engage core & keep ribs down and in

FLOOR 2 FLY WARM UP

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

FLOOR EXERCISE	COACHING CUES	REPS <small>(adjust to personal needs)</small>	FLIGHTS <small>(adjust to your personal needs)</small>	REST <small>(adjust to personal needs)</small>	MUSCULAR ENGAGEMENTS	BENEFITS
Dish Hold	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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 Hold Sky Reaches	<ul style="list-style-type: none"> - 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 to the sky and block away - 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	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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

ONE ARM LEG LIFT PROGRESSIONS	COACHING CUES	REPS <small>Once you feel safe & comfortable: - 5 reps - 5 seconds hold = Fly onto the next progression</small>	FLIGHTS	REST <small>(adjust to personal needs)</small>	MUSCULAR ENGAGEMENTS	BENEFITS
Fly Hang (max hold) = One Arm	<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 - Set into one arm hanging position (*2 arms then release strap to one arm) - Sit into the weight bearing position, stabilize shoulders and scapula with slight initial rotation in towards the strap (little finger towards = 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 breathe 	Max hold		3:30 - 90 seconds	Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control
Scapula Pull Ups (Scapula Elevation & Depression) = One Arm	<ul style="list-style-type: none"> - Set body into Fly Hang height (mid point between scapula elevation & depression) - Set into one arm hanging position (*2 arms then release strap to one arm) - 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 breathe 	10 reps		3:30 - 90 seconds	Strengthen: Deltoids Rotator cuff muscles Serratus anterior Glute engagement Core engagement Obliques Bicep & Triceps Rhomboids Trapezius Latissimus Dorsi	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back pain Breathing control

<p>-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</p> <p>- Sit into the weight bearing position, stabilize shoulders and scapula with slight wrist rotation inwards towards the strap (little finger inwards = shoulder external rotation & forearm supination)</p> <p>- Set into one arm hanging position (*2 arms then release strap to one arm)</p> <p>- Keep a straight shoulder alignment, rib cage down and slowly lift feet off the floor</p> <p>- 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</p> <p>- Rotate wrists into supinated and pronated grip (shoulder external & internal rotation)</p> <p>- Short controlled breaths</p>	<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 (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position 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 & rotations Solid body base & posture Reduce lower back pain Breathing control</p>
<p>-Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight</p> <p>- Set body into Fly Hang height (mid point between scapula elevation & depression)</p> <p>- Set into one arm hanging position (*2 arms then release strap to one arm)</p> <p>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core</p> <p>- Raise the knees to the chest (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt)</p> <p>- Externally rotate shoulders & supinate forearms on the knee lift (turn little fingers towards body)</p> <p>- Short controlled breaths</p> <p>- Progression: Legs straight</p>	<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>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 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>-Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elbows straight</p> <p>- Set body into Fly Hang height (mid point between scapula elevation & depression)</p> <p>- Set into one arm hanging position (*2 arms then release strap to one arm)</p> <p>- Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core</p> <p>- Alternate knees raises to chest (hip flexion), drawing the belly button to the spine & rounding through the hips (maintain posterior pelvic tilt)</p> <p>- Externally rotate shoulders & supinate forearms on the knee lift (turn little fingers towards body)</p> <p>- Short controlled breaths</p> <p>- Progression: Legs straight</p>	<p>20 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>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 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>
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<p>- 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) - Set into one arm hanging position (*2 arms then release strap to one arm) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rb cage down & engage the core - Through straight legs raise the feet 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</p>	<p>10 reps</p>		<p>3 30 - 90 seconds</p>	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Latissimus Dorsi 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 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>
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<p>Log lift full straddle twist (90S) = One Arm</p>	5 reps		3 30 - 90 seconds	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps 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 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>- 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) - Set into one arm hanging position (*2 arms then release strap to one arm) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core - Draw the belly button to the spine & round through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms (turn little fingers towards body) - Raise legs together to AFB straps level (hip flexion) & control the lowering back to fly hang position - Short controlled breaths</p>	5 reps		3 30 - 90 seconds	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps 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 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>Straight full leg lifts = One Arm</p>	5 reps		3 30 - 90 seconds	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps 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 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>- 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) - Set into one arm hanging position (*2 arms then release strap to one arm) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core - Draw the belly button to the spine & round through the hips (maintain posterior pelvic tilt) - Externally rotate shoulders & supinate forearms (turn little fingers towards body) - Raise legs to strap level (optional) - Lower legs back down to fly hang position on a 5 second eccentric lowering - Short controlled breaths *Options: Tuck, Straddle, Legs Together *Options: Hold straps in free arm to leg lift & focus on eccentric lowering</p>	10 reps		3 30 - 90 seconds	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps 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 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>Eccentric leg lifts = One Arm</p>	5 reps		3 30 - 90 seconds		

<p>- 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) - Set into one arm hanging position (*2 arms then release strap to one arm) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment. rb cage down & engage the core - Through straight legs raise the feet to strap level and lift foot 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 lic toes (turn little fingers towards body) - Short controlled breaths</p>	<p>10 reps</p>		<p>3 30 - 60 seconds</p>	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Latissimus Dorsi 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 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>Fly leg lift tic tocs = One Arm</p>				<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Latissimus Dorsi 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 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>Fly leg lift hold: max hold = One Arm</p>	<p>Max hold</p>		<p>3 30 - 60 seconds</p>	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Latissimus Dorsi 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 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>Challenge = Weighted straight full leg lifts = One Arm</p>	<p>5 reps</p>		<p>3 30 - 60 seconds</p>	<p>Strengthen: Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Biceps and Triceps Latissimus Dorsi 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 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>