		AF3					
		0					
		One Arm Leg Lift Progression Tutorial					
	Common Mistakae to Aunist						
	Common Mistakes to Avoid:  - Anterior petvic tilt (arching lower back)  *Focus on posterior petvic tilt; keep the feet slightly in front of the body  - Lifting the chin to complete guil up						
*Our 'One Arm Leg Lift' progressions can be interlinked	Lifting the chin to complete pull up     "Keep neutral head position     Breaking the straight shoulder alignment & pushing elbows in front of     the body						
with our AFB specialised programs *Recommendation = 3 x week	*Maintain scapula & humeral head position (shoulders down & back) - Don't break in the back & raise rib cage as you pull *Maintain engaged core & keep ribs down and in						
FLOOR 2 FLY WARM UP							
Specific movement patterns & muscular engagements to then fly on our AFB straps.			FLIGHTS		MUSCULAR		
FLOOR EXERCISE	COACHING CUES	REPS (adjust to personal needs)	(adjust to your personal needs)	REST (adjust to personal needs)	ENGAGEMENTS	BENEFITS	
	Begin by laying on your back with arms above head     Irradiate throughout the body (50%)				Rectus abdominis Transverse abdominals Obliques	Core stabilizing & strengthening Core control & engagement Lower back control & engagement	
	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				Erector spinae Core engagement Glutes Hip Flexors	Toned Abs Solid body base & posture Reduce lower back pain Breathing control	
Dish Hold	- Controlled breathing	Max hold		1 Flow	Dactus shrinminis		
	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				Transverse abdominals Obliques Erector spinae Core engagement	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture	
Dish Hold Rocks	to the floor - Slowly rock backwards and forwards (vertebrae by vertebrae) - Controlled breathing	20 reps		1 Flow	Core engagement Glutes Hip Flexors	Solid body base & posture Reduce lower back pain Breathing control	
					Rectus abdominis Transverse abdominals Obliques Erector spinae	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs	
	Begin by laying on your back with arms above head Irradiate throughout the body (60%)     Lift the arms and legs together to dish hold position keeping lower back to the floor.				Core engagement Glutes	Reduce lower back pain	
Dish Hold Angels	Slowly raise the arms up & down to the side of the body     Controlled breathing	10 reps		Flow	Hip Flexors  Rectus abdominis	Breathing control	
	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				Transverse abdominals Obliques Erector spinae Core engagement	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture Reduce lower back; pain	
Dish Hold Sky Reaches	Slowly raise the arms up to the sky and block away     Controlled breathing	10 reps		1 Flow	Core engagement Glutes Hip Flexors	Solid body base & posture Reduce lower back pain Breathing control	
Date from the records	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 TOPA		1.00	Rectus abdominis Transverse abdominals	Core stabilizing & strengthening Core control & engagement Lower back control & engagement	
	- List use aims and tegs together to distribute position keeping rower back to the floor  - Push hands and toes away to elongste solid dish position  - Hold dish position maintaining core engagement  - List legs so toes are pointing to sky & drive hips off the floor				Obliques Erector spinae Core engagement	Solid body base & posture	
Dish Hip Drives	Keep arms behind head and engage lower ab to drive feet up     Controlled breathing	10 reps		1 Flow	Glutes Hip Flexors	Reduce lower back pain Breathing control	
	<ul> <li>Begin by laying on your back with arms above head</li> <li>Irradiate throughout the body (50%)</li> <li>Lift the arms and leas together to dish hold position keeping lower back</li> </ul>						
	to the floor  - Push hands and toes away to elongate solid dish position  - Hold dish position maintaining core engagement  - Pike feet over the head (light pike) & lower back down vertebrae by						
	<ul> <li>Pike feet over the head (tight pike) &amp; lower back down vertebrae by vertebrae dish position</li> <li>Rise upper body keeping arms behind head &amp; lower to a pike stretch (belly button to knees)</li> </ul>				Rectus abdominis Transverse abdominals Obliques Erector spinae	Core stabilizing & strengthening Core control & engagement Lower back control & engagement Toned Abs	
	- Place hands by heels & lift feet off the floor- engage hip flexors (legs straight) - Repeat				Core engagement Glutes Hip Flexors	Solid body base & posture Reduce lower back pain Breathing control	
Pike Over - Pike Stretch - Pike Hip Flexor	- Controlled breathing - Begin by laying on your back with arms above head - Irradiate throughout the body (50%)	5 reps	-	1 Flow		- '	
	<ul> <li>Lift the arms and legs together to dish hold position keeping lower back to the floor</li> <li>Push hands and toes away to elongate solid dish position - legs in</li> </ul>						
	*Fush hands and uses away to elongate solid out in position * legs in straddle position  - Hold dish position maintaining core engagement  - Straddle feet over the head (tight straddle) & lower back down vertebrase by vertebrase dish position				Rectus abdominis	Core stabilizing & strengthening	
	verteorae by verteorae 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				Transverse abdominals Obliques Erector spinae Core engagement	Core control & engagement Lower back control & engagement Toned Abs Solid body base & posture	
Straddle Over - Straddle Stretch - Straddle Hip Flexor	- Repeat - Controlled breathing	5 reps		1 Flow	Glutes Hip Flexors	Reduce lower back pain Breathing control	
Once you feel safe & comfortable with 5 reps move onto the next progression		REPS					
ONE ARM	004011111201170	REPS Once you feel safe & comfortable: - 5 reps - 5 seconds hold   Fly onto the part progression	FLIQUES	REST	MUSCULAR	DENEETE	
LEG LIFT PROGRESSIONS	COACHING CUES	= Fly onto the next progression	FLIGHTS	(adjust to personal needs)	ENGAGEMENTS  Strengthen: Deltoids	BENEFITS	
					Rotator cuff muscles Serratus anterior Glute engagement		
					Glute engagement Core engagement Obliques Bicep & Triceps		
					Rhomboids Trapezius Latissimus Dorsi		
					Elevibility		
					Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position		
	- Set AFB straps shoulder width apart, place hands on the inside of the				Grip strength; Forearms		
	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				Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor		
	arm)  - Sit into the weight bearing position, stabilize shoulders and scapula with slight wrist rotation in towards the strap (little finger inwards = shoulder external rotation a forearm supination)				digitorum profundus (all finger flexors)  Extensors:	Understanding AFB 'Fly Hang' Shoulder stability Scapular positioning & control	
	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				Extensor policis longus and brevis (thumb extender)  Extensor digiti minimi (pinky finger extender)	Core control & engagement Lower back control & engagement Grip strength & rotations Solid body base & posture	
Fly Hang (max hold) = One Arm	Elevate the shoulders into a shoulder shring (scapula elevation into a 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 - 90 seconds	Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Reduce lower back pain Breathing control	
					Strengthen: Deltoids		
					Rotator 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		
					Grip strength; Forearms		
	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)				Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Chaulder stabil	
	arm) - Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down and slowly lift feet off the floor.				digitorum profundus (all finger flexors)  Extensors: Extensor policis longus and brevis (thumb	Shoulder stability Scapular positioning & control Core control & engagement Lower back control & engagement	
	## 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				Extensor digiti minimi (pinky finger	Grip strength & rotations Solid body base & posture Reduce lower back pain Breathing control	
Scapula Pull Ups (Scapula Elevation & Depression) = One Arm	Ingers towards body) - Short controlled breaths	10 reps		3 30 - 90 seconds	extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Breathing control	

					Strengthen: Deltoids Rotator cuff muscles		
					Rotator cuff muscles		
					Glute engagement Core engagement		
					Obliques Bicep & Triceps		
					Rhomboids Trapezius		
					Latissimus Dorsi		
					Flexibility: ROM in shoulders (stabilisation & strength		
	I				through different ROM) Hip flexors and hamstrings in pike position		
	<ul> <li>Set AFB straps shoulder width apart, place hands on the inside of the AFB straps, grab tightly above the loop onto the strap &amp; keep elbows</li> </ul>						
	straight				Grip strength; Forearms		
	<ul> <li>Sit into the weight bearing position, stabilize shoulders and scapula with slight wrist rotation in towards the strap (little finger inwards = shoulder external rotation &amp; forearm supination)</li> <li>Set into one arm hanging position (*2 arms then release strap to one arm)</li> </ul>				Flexors:		
	- Set into one arm hanging position (*2 arms then release strap to one				Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Understanding AFB 'Fly Hang'	
	- Keep a straight shoulder alignment, rib cage down and slowly lift feet				digitorum profundus (all finger flexors)	Understanding AFB 'Fly Hang' Shoulder stability Scapular positioning & control	
	off the floor				Extensors: Extensor policis longus and brevis (thumb	Lover book control & consequent	
	scapula depression) and then slowly lower halfway down into a					Grip strength & rotations Solid body base & posture	
	orr the noor  - 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 rotations).				Extensor digiti minimi (pinky finger extender)	Solid body base & posture Reduce lower back pain Breathing control	
Fly Hang Wrist Rotations = One Arm	internal rotation) - Short controlled breaths	20 reps ttl	,	30 - 90 seconds	Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Breathing control	
Try riang Wrist rotations - One Arm	- Orbit construct breams	zo repa ur	,	Joe - Jo Scorius			
					Strengthen: Deltoids Rotator Cuff muscles		
					Rotator Cuff muscles		
					Glute engagement Core engagement Obliques		
					Bicep and Triceps		
					Bicep and Triceps Latissimus Dorsi Hip Flexors strength		
					Synergists: Tensor fasciae latae Pectineus		
				I			
				I	Adductor longus & adductor brevis		
				I	Stabilisers: Rectus Abdominis		
					Obliques		
					Leg lift: Rectus femoris		
				I	Rectus temoris Iliopsoas		
					Illiopsoas TFL Adductors		
					ROM in shoulders (stabilisation & strength		
					Plexibility: ROM in shoulders (stabilisation & strength through different ROM) Hilp flexors and hamstrings in pike position Lumbar flexion & PPT		
					Lumbar flexion & PPT		
				I	Grip strength; Forearms		
	- Place the hands shoulder width apart through the inside of the AFB				Elevore		
	hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation &				Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Shoulder stability	
	- Set into one arm hanging position ("2 arms then release strap to one				digitorum profundus (all finger flexors)	Understanding AFB 'Fly Hang' height	
					Extensors:	Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement	
	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				Extensor policis longus and brevis (thumb	Toned Abs Solid body base & posture Muscle endurance	
	Raise the knees to the chest (hip flexion), drawing the belly button to				Extensor digiti minimi (pinky finger	Muscle endurance	
	the spine & rounding through the hips (maintain posterior pelvic tilt)  - Externally rotate shoulders & supinate forearms on the knee lift (turn				Extender) Extensor indicis (index finger extender)	Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills	
	Raise life killes to the class (implement) in example to be opinion to the spine & rounding through the hips (maintain posterior petric till)  - Externally rotate shoulders & supinate forearms on the knee lift (turn little fingers towards body)  - Short controlled breaths				Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Preparation for elite aerial skills Breathing control	
Tuck leg lifts = One Arm	* Progression: Legs straight	10 reps	3	30 - 90 seconds			
					Strengthen: Deltoids		
					Deltoids Rotator Cuff muscles		
					Glute engagement		
					Obliques		
					Obliques Bicep and Triceps Latissimus Dorsi		
					Obliques Bicep and Triceps Latissimus Dorsi Hiip Flexors strength		
					Delhoids Rotator Culf muscles Glute engagement Core engagement Obliques Blicep and Triceps Latissimus Dorsi Hijp Flexors strength Synergists:		
					Synergists: Tensor fasciae latae Pertineus		
					Synergists: Tensor fasciae latae Pertineus		
					Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis		
					Symergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis Stationary		
					Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis Stabilisere: Rectus Abdominis Obliques		
					Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis Stabilisere: Rectus Abdominis Obliques		
					Synergists: Tensor fasciae latae Pectineus Sartorius Adductor tongus & adductor brevis Stabilisers: Rectus Abdominis Obliques Leg lift: Rectus Factorius		
					Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis Stabilisere: Rectus Abdominis Obliques		
					Synergists: Tensor fasciae latie Pectines Adductor longua & adductor brevis Stabilists: Rockus Abdominis Obliques Leg lift: Rectus Henoris Rectus Henoris TEL Adductors		
					Synergists: Tensor fasciae latie Pectines Adductor longua & adductor brevis Stabilists: Rockus Abdominis Obliques Leg lift: Rectus Henoris Rectus Henoris TEL Adductors		
					Synergists: Tensor fasciae latie Pectines Adductor longua & adductor brevis Stabilists: Rockus Abdominis Obliques Leg lift: Rectus Henoris Rectus Henoris TEL Adductors		
					Symergiat: Terroor faccios lata Terroor faccios lata Santonus Santonus Santonus Santonus Santonus Santonus Santonus Chiliques Leg ritt Rectus Redominis Lug ritt Rectus Remoris Ricoposas Adductions Chiliques		
	. Place the bands shoulder saidth arrest through the incide of #= 450				Synergists: Tensor fasciae latie Pectines Adductor longua & adductor brevis Stabilists: Rockus Abdominis Obliques Leg lift: Rectus Henoris Rectus Henoris TEL Adductors		
	-Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep elloows straight.				Symegratic - Termon facultate latter - Termon facultate		
	hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation &				Symegratic - Termon facultate latter - Termon facultate	Snouder stability Scapular positioning & control	
	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)				Symegrist: Termor familiate latter Famour familiate latter Sandrouse Sandrouse Shabitizer: Reductor Inrigura & adductor brevis Shabitizer: Reductor Inrigura & adductor brevis Shabitizer: Reductor Reduc	Scapular positioning & control	
	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				Symegrist:	Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement	
	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				Symegrist:	Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement	
	hand loop straps & keep elbows straight — Set body into Fy Hang height (mid point between scapula elevation & degression).  Set body winto Fy Hang height (mid point between scapula elevation & degression).  - Stabilize and block brough the shoulders and scapula keeping a straight shoulder alignment, it cape down & engage the cash straight shoulder alignment, it cape down & engage the color of the straight shoulder is and scapula keeping a straight shoulder shoulders from a fengal to be on the straight shoulders are raises to cheek thip flexion), disming the bely builton to Faller alignment, it cape and the straight shoulders are supported forwarms on the keep it fluor to the straight of the st				Symegrist:	Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement	
	hand loop strape & keep elbows straight   Cell body in FD y hasp height (mid point between scapula elevation &   Set lind body in FD y hasp height (mid point of   Set lind one arm hanging position ("2 arms then release strap to one  Set lind one arm hanging position ("2 arms then release strap to one  Stabilize and both knowph her shoulders and scapula keeping a  straight shoulder alignment, in cape down & engage her core  Albametas here areas to cleef (tip Reinout), deaving the solly bubble to  Albametas here areas to cleef (tip Reinout), deaving the solly bubble to   Robertany votate shoulders & supriate forearms on the here lift (turn  little frages towards body)				Symegrist: Termor faciole lable Termor faciole lable Termor faciole lable Termor faciole lable Sartonia Sartonia Shabilare: Redux Abdomina Chilepes Redux Abdomina Chilepes Redux Abdomina Chilepes The Redux Abdomina Chilepes The Redux Abdomina The Redux Abdomina Redux Abdomina Redux Abdomina Redux Re	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 & robation Prenaration for eith aerical skills	
Tuck alternates log lifts = One Arm	hand foot strape & keep elbows straight — sold below the property of the prope	20 reps		30 - 90 seconds	Symegrist: Termor fanciale late Termor fanciale late Termor fanciale late Sartonia Sartonia Sartonia Sartonia Stabiliser: Redux Adductor brevis Stabiliser: Redux Adductor Chilippes Agril The Adductor The The Adductor The The Adductor The	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	
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Tuck alternates leg lifts = One Arm	hand loop strape & keep elbows straight   Cell body in FD y hasp height (mid point between scapula elevation &   Set lind body in FD y hasp height (mid point of   Set lind one arm hanging position ("2 arms then release strap to one  Set lind one arm hanging position ("2 arms then release strap to one  Stabilize and both knowph her shoulders and scapula keeping a  straight shoulder alignment, in cape down & engage her core  Albametas here areas to cleef (tip Reinout), deaving the solly bubble to  Albametas here areas to cleef (tip Reinout), deaving the solly bubble to   Robertany votate shoulders & supriate forearms on the here lift (turn  little frages towards body)	20 герs		30 - 60 seconds	Symegrist:	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 & robation Prenaration for eith aerical skills	
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Tuck alternates leg lifts = One Arm	hand loop strape & keep elbows straight   Cell body in FD y hasp height (mid point between scapula elevation &   Set lind body in FD y hasp height (mid point of   Set lind one arm hanging position ("2 arms then release strap to one  Set lind one arm hanging position ("2 arms then release strap to one  Stabilize and both knowph her shoulders and scapula keeping a  straight shoulder alignment, in cape down & engage her core  Albametas here areas to cleef (tip Reinout), deaving the solly bubble to  Albametas here areas to cleef (tip Reinout), deaving the solly bubble to   Robertany votate shoulders & supriate forearms on the here lift (turn  little frages towards body)	20 reps		30 - 90 seconds	Symegistic: Temor faciole lable Temor faciole lable Temor faciole lable Temor faciole lable Sartonia Sartonia Sartonia Stabilizar: Redux Addomina Chilegole Redux Addomina Chilegole Redux Addomina Chilegole The Addomina The Addomina The The Addomina The	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 & robation Prenaration for eith aerical skills	
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					Strengthen: Deltoids		
					Rotator Curr muscles Glute engagement Core engagement Obliques Bicep and Triceps Latissimus Dorsi Hilp Flexors strength		
					Bicep and Triceps Latissimus Dorsi		
					Synergists: Tensor fasciae latae Pectineus		
					Adductor longus & adductor brevis		
					Stabilisers: Rectus Abdominis		
					Rectus Abdominis Obliques		
					Leg lift: Rectus femoris		
					Rectus femoris Iliopsoas TFL		
					Adductors		
					Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT		
					through different ROM)		
					Lumbar flexion & PPT		
	- Place the hands shoulder width apart through the inside of the AFB				Grip strength; Forearms		
	hand loop straps & Keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation &				Flexors:	Shoulder stability	
	depression) - Set into one arm hanging position (*2 arms then release strap to one				Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Shoulder stability Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement	
	- Stabilize and block through the shoulders and scanula keeping a				Extensors:	Core control & engagement	
	straight shoulder alignment, rib 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				Extensor policis longus and brevis (thumb extender)	Toned Abs Solid body base & posture	
	- Externally rotate shoulders & supinate forearms on the leg lift (turn little fingers towards body) - Short controlled breaths				extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills	
	- Short controlled breaths				Extensor digitorum (all finger extender)	Preparation for elite aerial skills Breathing control	
Leg lifts from floor halfway = One Arm		10 reps	3	3 30 - 90 seconds			
					Strengthen: Deltoids		
					Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps Latissimus Dorsi Hip Flexors strength		
	1				Core engagement Obliques		
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	1				Hip Flexors strength		
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	1				Rectus Abdominis Obliques		
					Leg lift: Rectus femoris Iliopsoas		
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	1				ROM in shoulders (stabilisation & strength		
	1				ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT		
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	- Place the hands shoulder width apart through the inside of the AFB				Grip strength; Forearms		
	hand loop straps & keep elbows straight  Set hody into Ely bland height (mid point between econula elevation &				Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Shoulder stability	
	(depression)  Set into one arm handing position (*2 arms then release etrap to one				Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Scapular positioning & control Understanding AFR Fly Hand height	
	arm)  Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core				Evleneore:	Shoulder stability Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs	
	straight shoulder alignment, rib cage down & engage the core				Extensors: Extensor policis longus and brevis (thumb extender)	Toned Abs Solid body base & posture	
	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)				Extensor digiti minimi (pinky finger extender)	Muscle endurance Reduce lower back pain	
					Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Grip strength & rotation Preparation for elite aerial skills Breathing control	
	ingers towards body)				Extensor digitorum (all tinger extender)	Breathing control	
Las life alternates from floor halfway - One Arm	Ingers towards body) - Short controlled breaths	20 ****		20 00 accounts			
Leg lifts alternates from floor halfway = One Arm	- Short controlled breaths	20 reps	3	3 30 - 90 seconds			
Leg lifts alternates from floor halfway = One Arm	Short controlled breaths	20 reps	5	3 30 - 90 seconds	Strengthen: Deltoids		
Leg lifts alternates from floor halfway = One Arm	- Short controlled breaths	20 reps	3	3 30 - 90 seconds	Strengthen: Deltoids Rotstor Cuff muscles Clute appropries		
Leg lifts alternates from floor halfway = One Arm	- Short controlled breaths	20 reps	3	3 30 - 90 seconds			
Leg lifts alternates from floor halfway = One Arm	- Short controlled breaths	20 reps	3	3 30 - 90 seconds	Glute engagement Core engagement Obliques Binen and Trinene		
Leg lifts alternates from floor halfway = One Arm	- Short controlled breaths	20 reps	3	3 30 - 90 seconds	Strengthen: Delhoids Totaler Cuff muscles Glute engagement Core engagement Obliques Blicep and Triceps Latissimus Dorsi Hip Flexors strength		
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Pike hold 1/2 max hold = One Arm	- Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep ellows straight — Set body into P yian peept (mile point between scapula elevation & Stabilizar and block through the shoulders and scapula keeping a seasy) at the same part of the straight the core one consistency of the same part of	Max hold		30 - 90 seconds	Colle engagement Obliques Bacep and Tricege Bacep and Tricege Bacep and Tricege Bacep and Tricege Freedom Tric	Shoulder stability Scappolar positioning & control Scappolar spositioning & control Core control & engagement Lover back control & engagement Lover back control & engagement Social body base & posture Mauciae endurance pain Orip strength & rotation Preparation for eite aeral akillis Breaking control  Scappolar positioning & control  Scappolar positioning & control	
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					Strengthen: Deltoids Rotator Cuff muscles		
					Rotator Cult muscles Glute engagement Core engagement Obliques Bicep and Triceps Latisaimus Dorsi Hip Flexors strength		
					Obliques Bicep and Triceps Latissimus Dorsi		
					Synergists: Tensor fasciae latae Pectineus		
					Sartorius Adductor longus & adductor brevis		
					Stabilisers: Rectus Abdominis		
					Obliques Leg lift:		
					Rectus femoris Iliopsoas TFL		
					Adductors		
					Flexibility: ROM in shoulders (stabilisation & strength		
	- Place the hands shoulder width apart through the inside of the AFB				Flexibility: ROM in shoulders (stabilisation & strength through different ROM) hip flexors and hamstrings in pike position Lumbar flexion & PPT		
	hand loop straps & keep elbows straight - Set body into Fly Hang height (mid point between scapula elevation &				Grip strength; Forearms		
	depression) - Set into one arm hanging position (*2 arms then release strap to one arm)				Flexors: Pollicis longus (thumb flexor)	Shoulder stability	
	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)				Politicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Shoulder stability Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement	
	posterior pelvic tilt)  Evternally rotate choulders & curingte forearms (furn little fingers				Extensors: Extensor policis longus and brevis (thumb	Lower back control & engagement Toned Abs Solid body base & posture	
	rowards body)  Raise straddle legs to AFB straps level (hip flexion) & twist hips (same leg lifts inside the same strap arm)				Extensor digiti minimi (pinky finger extender)		
	leg lifts inside the same strap arm)  - Control the lowering back to fly hang position  - Short controlled breaths				Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Reduce lower back pain Grip strength & rotation Preparation for elite aerial skills Breathing control	
Leg lift full straddle twist (90S) = One Arm		5 reps	3	30 - 90 seconds		bleating conto	
					Strengthen: Deltoids		
					Rotator Cuff muscles Glute engagement Core engagement		
					Deltoids Rotator Cuff muscles Glute engagement Core engagement Obliques Bicep and Triceps		
					Hip Flexors strength		
					Synergists: Tensor fasciae latae		
					Pectineus Sartorius Adductor longus & adductor brevis		
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					Statutiers: Rectus Abdominis Obliques		
					Leg lift: Rectus femoris Iliopsoas		
					Iliopsoas TFL Adductors		
					Elevibility		
					ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT		
					Lumbar flexion & PPT  Grip strength; Forearms		
	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 &					Chaulder stability	
	depression)  Set into one arm handing position (*2 arms then release etran to one				Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Shoulder stability Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs	
	- Stabilize and block through the shoulders and scapula keeping a				Extensors: Extensor policis longus and brevis (thumb	Core control & engagement Lower back control & engagement Toned Abe	
	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				extender) Extensor digiti minimi (pinky finger extender)	Solid body base & posture Muscle endurance	
	Externally rotate shoulders & suprinate forearms (turn little tingers towards body).     Raise legs together to AFB straps level (hip flexion) & control the lowering back to fly hang position     Short controlled breaths.				Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain Grip strength & rotation Preparation for eitle aerial skills Breathing control	
	lowering back to fly hang position					Breathing control	
Straight full leg lifts = One Arm	- Short controlled breaths	5 reps	3	30 - 90 seconds			
Straight full leg lifts = One Arm	- Short controlled breaths	5 reps	3	30 - 90 seconds	Strengthen:		
Straight full leg litts = One Arm	- Short controlled breaths	5 reps	3	30 - 90 seconds	Strengthen: Deltoids Rotstor Cuff muscles Glute engagement		
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Straight full leg litts = One Arm	- Short controlled breaths	5 reps	3	30 - 90 seconds	Glube engagement Cour engagement Guo engagement Bices and Triceps Bices and Triceps Bices and Triceps Flay Flexors strength Santosis Andisclor longus & adductor brevis Salations: Rectus Addomins Onliques Lag III: Lag III: De vite Fenores		
Straight full leg litts = One Arm	- Short controlled breaths	5 reps		30 - 50 seconds	Gulte engagement Ordingues Horpe and Tromp Horpe and Horpe Horpe and Horpe Horpe and Horpe H		
Straight full leg litts = One Arm	- Short controlled breaths	5 reps		30 - 90 seconds	Gulte engagement Ordingues Horpe and Tromp Horpe and Horpe Horpe and Horpe Horpe and Horpe H		
Straight full leg litts = One Arm	- Short controlled breaths	5 reps		30 - 60 seconds	Glube engagement Cour engagement Guo engagement Bices and Triceps Bices and Triceps Bices and Triceps Flay Flexors strength Santosis Andisclor longus & adductor brevis Salations Rectus Addomins Onliques Lag III. Lag III.		
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					Hip Hexors strength		
					Synergists: Tensor fasciae latae Pectineus Sartorius Adductor longus & adductor brevis		
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					Pectineus Sartorius		
					Adductor longus & adductor brevis		
					Stabilisers:		
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					Leg lift:		
					Rectus femoris Iliopsoas		
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					TFL Adductors		
					Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT		
					ROM in shoulders (stabilisation & strength through different ROM)		
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					Lumbar flexion & PPT		
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	- 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 &				Flexors:	Chaulder stability	
	depression)				Flexor digitorum superficialis and flexor	Scapular positioning & control	
	depression) - Set into one arm hanging position (*2 arms then release strap to one			1	Plexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Understanding AFB 'Fly Hang' height	
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	straight shoulder alignment, rib cage down & engage the core	I		1	Extensor policis longus and brevis (thumb	Toned Abs	
	Through straight legs raise the feet to strap level and tic toc from side 2     into this floring.	1		1	extender)	Solid body base & posture	
	- Drawing the belly button to the spine & rounding through the bine	I		1	extender)	Reduce lower back nain	
	(maintain posterior pelvic tilt)			1	Extensor indicis (index finger extender)	Grip strength & rotation	
	- Externally rotate shoulders & supinate forearms on the tic tocs (turn little figures towards body)			1	Extensors: Extensor policis longus and brevis (thumb extender) Extensor digit minimi (pinky finger extender) Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Preparation for elite aerial skills	
Fly leg lift tic tocs = One Arm	User mix one aim marging position (*/ zims seen reseas staps to the "Sabilities and block frough the shoulders and scapula keeping a straight abusilier alignment, it is cape down it engages the core side (high festion) gain sells he fest to staps bed and it is clicit climated to the property of the control of the special sells are climated - Dewing the belly bushion to the spine it counting through the high - Dewing the belly bushion to the spine it counting through the high - Dewing the belly bushion to the spine it counting through the high - Dewing the belly bushion to the spine it counting the - Dewing the bell to be spine it is considered - Dewing the bell to be - Dewing the bushion is the spin to be - Dewing the bell to be - Dewing the bushion is - Dewing the bell to be - Dewing the bushion is - Dewing the bell to be - Dewing the bell to be - Dewing the bell to be - Dewing the bushion is - Dewing the bell to be - Dewing the - Dewing the bell to be - Dewing the - Dewi	10 reps	9	30 - 90 seconds	I	Shoulder stability Sepular positioning & control Scapular positioning & control Independent of the Stability Lover back control & engagement Lover back control & engagement Toned Abs Solid body base & posture Muscle endurance Grip strength & rotation Grip strength & rotation Preparation for eitile aerial skills Breathing control  Breathing control	
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					ROM in shoulders (stabilisation & strength		
					through different ROM)		
					Flexibility: ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT		
					Grip strength; Forearms		
	- Place the hands shoulder width apart through the inside of the AFB hand loop strang & keep allows straight				Policie Iongue (thumb flavor)	Shoulder etability	
	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 & descriptions).				Flexor digitorum superficialis and flexor	Scapular positioning & control	
	depression)				Flexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Understanding AFB 'Fly Hang' height	
	depression) - Set into one arm hanging position (*2 arms then release strap to one arm)				Extensors: Extensor policis longus and brevis (thumb extender) Extensor digiti minimi (pinky finger extender) Extensor indicise (index finger extender)	Shoulder stability Scapular positioning & control Understanding AFB Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs	
	arm).  Stabilize and block through the shoulders and scapula keeping a straight shoulder alignment, rib cage down & engage the core . Straight fly leg filt and hold in between AFB strays (hip flexion), drawing the bely button to the spine & rounding through the hips (maintain protestors and in the little).				Extensor policis longus and brevis (thumb	Toned Abs	
	straight shoulder alignment, rib cage down & engage the core				extender)	Toned Abs Solid body base & posture Muscle endurance Reduce lower back pain	
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