

Aerial Physical Preparation

Day 1

5 Rounds of 8 exercises

Numbers of Repetitions	Name of the exercise	Notes
25x	Closing Shoulders	Hands face to the floor
20x	Squats Jumps	Go Low
25x	Elastic Pull Down	On the side
20x each side	Retire to Plane	Stay in balance on one leg
20x	Push Ups closed Arms	High Feet
20x	Kick Ups on Chair	Legs together
20x each side	Front Battements	Keep legs straight
1 Min	Handstand	Face to the wall

Abdominal Exercises

4 Rounds of 4 Exercises

Plank Knee Twist	Russian Twists 1 Leg	Crunches Knee/Elbow	Bicycle to Straddle
20x	20x	20x	20x

Day 2

5 Rounds of 8 exercises

Numbers of Repetitions	Name of the exercise	Notes
25x	Angel Pull Down	Elastic - Hands face down
20x	Sumo Squat Jumps	Go Low
25x	Shoulders Opening	Hold your Abs
20x each side	Bulgarian Lunges	Bend as low as your knees
20x	Push Ups Large	High Feet
20x	Elastic Dorsal	Go as high as you can
20x each side	Side Battements	Legs Straight
1 Minute	Open Plank	Round your back

Abdominal Exercises

4 Rounds of 4 Exercises

Cross Cross Downs, Straight Ups	Plank touch Feet	2 Bicycles - 2 Splits	Butt Lifts
20x	20x	20x	20x

Day 3

5 Rounds of 8 exercises

Numbers of Repetitions	Name of the exercise	Notes
25x	Elastic Pull Down Door	Hands face to face
20x	Lunge Jumps	Go Low
25x	Elastic Pull to Chest	Keep your back straight
20x each side	Alternate Side Squats	Go as low as your knees
20x	Push Ups Pike	High Feet
1 Minute	Dorsal Swimming	Straight Arms and legs
20x each side	Back Battements	Legs Straight
20x	T Plank Switch	Keep your butt low

Abdominal Exercises

4 Rounds of 4 Exercises

Tuck to Pike	Side Plank Crunches Left	Side Plank Crunches Right	Claps Crunches
30x	20x	20x	20x