

Aerial Physical Preparation

Monday

5 Rounds of 8 exercises

Numbers of Repetitions	Name of the exercise	Notes
20x	Table Pull Ups	Hands out - Plank position
20x	Straddle Legs Lifts	Back straight on the wall
20x	Push Ups	Closed arms
20x	Squats	Hip width
20x	Biceps Curls	Elastic - Hands in
20x	Angels	Straight arms - legs together
20x	Alternate Front Lunge	Keep shoulders above the hips
20x	Dips + Hips Push	On a chair - Bend to 90°

Abdominal Exercises

4 Rounds of 4 Exercises

Tuck Ups	Russian Twists Tuck	Tuck Hold	Classic Crunches
25x	20x	1 Minute	25x

Wednesday

5 Rounds of 8 exercises

Numbers of Repetitions	Name of the exercise	Notes
20x	Angel Pull Ups	Elastic - Hands out
20x	Pike Legs Lifts	Back straight on the wall
20x	Push Ups	Large arms
20x	Sumo Squats	Bend as low as your knees
20x	Biceps Curls	Elastic - Hands out
20x	Star Angels	Open legs and arms
1 Minute	Wall Chair	No hands on legs
1 Minute	Handstand	Stomach on the wall

Abdominal Exercises

4 Rounds of 4 Exercises

Straddle Ups	Fishes	Gainage Hold	Hands Butt Splits Kicks
25x	20x each Sides	1 MInute	20x

Friday

5 Rounds of 8 exercises

Numbers of Repetitions	Name of the exercise	Notes
20x	Back Pull Ups	Elastic - Hands in
20x	Back Pike Ups	Elastic - Lift your hips at the end
20x	Push Ups Pike	Head touch the floor
20x	Side Squats	Go as low as your knees
20x	Sit Triceps Pulls	Elastic - Hands face to face
1 Minute	Angel Hold	Straight Arms and legs
20x	Hip Trusts	Feet on the chair
20x	Plank Elbows Up and Down	Keep your butt low

Abdominal Exercises

4 Rounds of 4 Exercises

Pike Ups	Russian Twists Pike	Pike Hold	Starfish Crunches
25x	20x	1 Min	20x