SOLO TRAINING GUIDE

AERIAL

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WHEN TRAINING ON YOUR OWN, YOU MUST FOLLOW

4 IMPORTANT STEPS

A. Warm-up on the floor
B. Training on apparatus
C. Aerial conditioning
D. Cooling down with stretching
WARM-UP ON THE FLOOR

1. Start with your leg stretch
   A. Kicks (forward, side, back – 10x each leg)
   B. Pike, Straddle (45 sec. each)
   C. Lunge forward, right leg, left leg (30 sec. each)
   D. Hamstrings, right leg, left leg (30 sec. each)
   E. Splits, left and right (1 minute each)
   F. Middle split (1 minute)

2. Stretch your back
   A. Lower back (30 sec.)
   B. Torso sides (30 sec.)
   C. Upper back (30 sec.)
   D. Shoulders (30 sec.)

3. Warm-up your core muscles
   A. Hollow body (20, 30, 45 sec.)
   B. Sit-ups, V-ups (10-15-20)
4. Back strength
A. **Superman hold** (30 sec)
B. **Superman snaps** (10-15)

5. Shoulder strength
A. **“Break the bar”**
   With a miniband around your hands and arms up overhead, shoulder at midway point of a shoulder shrug, externally rotate your shoulders so that your palms move to face each other. *(10 times)*

B. **Childs pose arm lifts**
   Start in child pose on the ground. Lift one arm at a time off the ground, hold 5 sec. Try to attain a straight line from your torse to your hand. Switch. *(5 times each arm)*

C. **Shoulder external rotation with elevation**
   Start with the tightest miniband (or a belt) around your wrists and your back flat on a wall. Begin with elbows in line with shoulders, but slightly lower (not quite at a 90° angle). Push your wrists into the miniband (or belt) while simultaneously pulling elbows toward each other. Repeat at 90°, and again as high as you can, keeping elbows tucked and back flat on the wall. *(3 sets)*

D. **Thoracic rotation in plank**
   Start in push-up position with miniband around your hands. As you rotate into a side-plank, bring the upside elbow towards the ceiling and back. Repeat on the other side. *(10 times each side)*
1. Warm-up on Hoop or Trapeze:
   A. Shoulder shrugs (10-15-20)
   B. Leg lifts from hollow body (10)
   C. Knee squeezes (2 knees: 20; 1 knee: 10)
   D. Pike pull-ups under the bar (10)
   E. Modified skin-the-cat (10)
   F. Straddle-up (5-10)

2. Skill practice on apparatus according to your level (see displays on the wall).

SAFETY GUIDE

A. Do ONLY tricks you are familiar with
B. Do NOT do tricks that require spotting
C. Do NOT experiment and/or try new tricks
1. Pike-up, Straddle up on the floor (10-20)
2. Planks on the floor (2 arms, 1 arm, different variations – 10-15-20)
3. Push-ups on the floor (10-20-30)
4. Skin-the-cat on the bar (10-15-20)
5. Leg lifts on wall rack (10-15-30)
6. Pull-ups (10-15-20)
1. Pike, straddle (2 min. each)
2. Split (right, left – 2 min. each)
3. Split (middle – 2 min.)
4. Shoulder Stretch (Forward, Backward, Side – 30 sec. each)
5. Back bend (2 min.)