



AFB CORE BLAST APPENDIX

Program Description

The 'Core Blast Programs' will include 2 documents.

1. Core Blast Videos x 3
2. Exercise Library

Core Blast Videos

The core blast programs consist of three progressional workout videos; *Beginner*, *Intermediate*, *Advance*, of approximately 15 minutes each (3 full rounds).

The videos will focus on creative hanging ab challenges to control, engage & develop your core stabilizers & overall mobility in the air to safely progress you to more advanced aerial skills.

This program is designed to be followed exercise by exercise allowing for sufficient rest periods between sets. Each video will demonstrate the specific aerial movements to be completed for that workout and if additional rest is required the video can be paused.

Core Blast Exercise Library

The core blast exercise library is a breakdown of the core videos and will include the:

- Name of the exercise
- Coaching cues
- Muscles engaged
- Reps
- Rest
- Sets
- Benefits

Equipment

- AFB Straps
- Safe stable pull up bar

The best way to approach this program:

1. First, carefully read through the exercise library to get a full understanding of the program to be completed.
2. Once you have an understanding of the program then watch the first video and refer to the exercise library to get the correct demonstration of the aerial exercises to be completed.
3. Combining both the exercise library and core blast videos will provide all the essential information to successfully complete the core blast programs.

The 'core blast programs' have been designed to interlink with existing AFB programs to teach you creative aerial fitness skills & improve your overall healthy lifestyle.

Appreciation of your achievements

During your AFB training journey please share your successful & progressional aerial fitness stories with us through photos and videos.

For further information email us at info@aerialfitnessbodies.com

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Let's Fly Into Fitness!

Cheers,

Stustraps