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The PLOOR EXERCISE COCKING CUES AND THE COLOR EXERCISE COCKING CUES			Tutorial					
The Third Configuration to a section of the configuration of the configu		Common Mistakes to Avoid: - Anterior pelvic litt (archino lower back)						
## PLOOR FLY WARRING UP: FLOOR FLY WARRING UP: ## PLOOR FLY WARRING		*Focus on posterior pelvic tilt; keep the feet slightly in front of the body - Lifting the chin to complete pull up - Keen paytral head noviling						
The Continue								
FLOOR SERVICES CACHING CUES FLOOR EXERCISE FLOOR EXERCISE CACHING CUES FLOOR EXERCISE FLOOR EXERCISE CACHING CUES FLOOR EXERCISE CACHING CUES FLOOR EXERCISE CACHING CUES FLOOR EXERCISE FLOOR EXERCISE FLOOR EXERCISE CACHING CUES FLOOR EXERCISE FLOOR EXERCISE FLOOR EXERCISE CACHING CUES FLOOR EXERCISE FLOOR EXER	*Our 'Skin The Cat' progressions can be interlinked with our AFB specialised programs	 Don't break in the back & raise rib cage as you pull *Maintain engaged core & keep ribs down and in 						
FLOOR EXERCISE COACHING CUES RESIDENT MAN PROCESSIONS COACHING CUES RESIDENT MAN PROCESSIONS	*Recommendation = 3 x week	*Maintain straight arms & engage lower abs to roll over	1					
FLOOR EXERCISE COACHING CUES SPENS PROPRIED COACHING CUES COACHING CUES SPENS PROPRIED COACHING CUES COACHIN								
FLOOR EXPERCISE COACHING CUES PROPERTY OF THE PROPERTY OF TH	on our AFB straps.			FLIGHTS		MUSCULAR		
And the control of th	FLOOR EXERCISE	COACHING CUES	REPS			ENGAGEMENTS	BENEFITS	
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Service de la control de la co	Dish Hold	Hold dish position maintaining core engagement Controlled breathing	Max hold	1	Flow			
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Section Control Contro		to the floor Slowly rock backwards and forwards (vertebrae by vertebrae)				Core engagement Glutes	Solid body base & posture Reduce lower back pain	
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Sex The CAT PROGRESSIONS COACHING CUES REPAIR AND THE CAT PROGRESSIONS REPAIR AND		- Irradiate throughout the body (50%)				Obiques Erector spinae	Lower back control & engagement Toned Abs	
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The property of the property o								
The control of the co		Hold dish position maintaining core engagement Lift legs so toes are pointing to sky & drive hips off the floor Keep arms behind head and engage lower sh to drive feet up				Core engagement Glutes Hip Flexors	Solid body base & posture Reduce lower back pain	
The Act of the case was to make an experiment of the case of the c	Dish Hip Drives	Controlled breathing Begin by laying on your back with arms above head	10 reps	1	Flow			
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As Out - 104 Stores Part of the comment of the form on one page of the comment		Prush hands and toes away to elongate solid dish position Hold dish position maintaining core engagement Pike feet over the head (tight pike) & lower back down vertebrae by				Rectus abdominis	Core stabilizing & strengthening	
As Out - 104 Stores Part of the comment of the form on one page of the comment		vertebrae dish position Rise upper body keeping arms behind head & lower to a pike stretch (belly button to knees)				Obliques Erector spinae	Lower back control & engagement Toned Abs	
SKIN THE CAT PROGRESSIONS COACHING CUES REPS SUMMER AND A COACHI		 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	
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SKIN THE CAT PROGRESSIONS COACHING CUES **Invalidation to the comprehensive state progression of the complete state of the complet	Once you feel safe & comfortable with 5 reps move onto the next progression							
Source and an activity of the state of a state o			REPS					
Source and an activity of the state of a state o	SKIN THE CAT PROGRESSIONS	COACHING CUES	- 5 reps - 5 seconds hold	FLIGHTS			BENEFITS	
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- Elevate the absolders into a shoulder should (scapula elevation in to scapula degression) and their should you be reliably down into a scapula degression of the shoulders and scapula degression). Ty Hang (max hold) - Short controlled breafts - Short		with slight wrist rotation in towards the strap (little finger inwards = shoulder external rotation & forearm supination)				Extensors:	Scapular positioning & control Core control & engagement	
Sophia depressor) and their looky lower harbinary down into a souther agreement on a souther agreement on a souther agreement of the souther agree		 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 				extender) Extensor digiti minimi (pinky finger	Solid body base & posture	
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To day 1997 - M SOURCE CHARGE	1	Externally rotate shoulders & supinate forearms on the shrug (turn little	1	1		extender)	Reduce lower back pain	
	Scanula null une (Scanula Elavation ® Donascoion)	Short controlled breathe	10 rene		30 - 90 seconds	Extensor indics (index ringer extender)	Breatning control	

Ely Hang wrist rotations	- Set AFB straps shoulder width spart, place hands on the inside of the AFB straps, gab lighty above the loop onto the strap & keep elbows - 68 into the weight bearing position, stabilize shoulders and scapular straight with stight when straight some foreign in foreign the service (filled linger inventors = 1-keep a straight shoulder slignment, rife cage down and slowly life the foreign of the floor of the floor of the floor of the straight shoulder slignment, rife cage down and slowly life the scapular despression) and then slowly lower hatleay down into a condictable hange position; this is your ET HANGO legible. - Rotales works into suprised and promitted grip (shoulder external & Short controlled hange).	20 reps 85	3	30 - 90 seconds	Steegher: Debotos Debo	Unidentistration AFS Try Hand' Stroutider stability Scapular positioning & control Core control & engagement Grip strength & rotations Solid body less & positive Reduce lever back pain Basishing control	
Tuck leg lifts from floor halfway	- Place the hands shoulder width apart through the inside of the AFB hand loop straps & keep ellows straight — Set body into P yatar peept (mile point between scapula elevation & - Stabilize and block through the shoulders and scapula elevation & - Stabilize and block through the shoulders and scapula elevation & - Stabilize and block through the shoulders and scapula elevation to the spine & rounding through the high smaller foreign strain the scape of th	10 reps		30 - 50 seconds	Strengther: Streng	Shoulder stability Sapajair positioning & control Understanding AFE Try Hang height Core control & regigarement Tonical Ass Muscle endurance Reduce lower back pain Preparation for eith eartsl skills Breathing control	
Tuck hip rolls - drive up with hips	-Place the hands shoulder width apart through the inside of the AFB hard loop strape & keep elbons straight depresent scapula elevation in the control of th	10 reps		30 - 60 seconds	Seregitive: Dictions of muscles Robits of Congeniers Course engigement Oritiques Lindent Course High Factors Strength Symegiste: Les distancies tales Santonius Adductor Indiques adductor brevis Stabilisers: Rodica Addominis Oritiques Les dist Rodica Addominis Oritiques Les dist Rodica Addominis Oritiques Les distancies TIL Adductors	Shoulder stability Sappular positioning & control Understanding AFE Fly Hang height Over control & anguigement Tonce Abs Sale body hase & positive Radiace lower back pain Preparation for offett aerial skills Breathing control	
Jump into inverted position hold	- Place the hands shoulder width apart through the inside of the AFB hand loop strape & keep etbows straight - Set body into P hang height (mid point between scapula elevation & - Stabilize and block through the shoulders and scapula keeping a straight shoulder algoriment. In one gold one de regigle the core straight shoulder algoriment in one gold one de regigle the core of the straight should register. In one of the straight should register that the straight should be	Max hold	3	30 - 60 seconds	Description: Districts Robates Call Trustelle Robates Call Trustelle Colleges Trustelle Trustell	Shoulder stability Sappular positioning & control Understanding AFE Fly Hang Height Core control & angigagement Tonical Ass Muscle endurance Reduce lower back pain Preparation for oftel aerial skills Breathing control	

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	straight shoulder alignment, rib cage down & engage the core - Externally rotate shoulders & supinate forearms on the knee lift (turn little fingers towards body) - Draw the belly button to the spine & round through the hips (maintain					Core control & engagement	
	Draw the belly button to the spine & round through the hips (maintain)				Extensors: Extensor policis longus and brevis (thumb	Toned Abs	
	posterior pelvic tilt) Raise the knees to the chest (hip flexion) & roll over to inverted position Slowly lower back down to fly hang position & repeat				extender) Extensor digiti minimi (pinky finger	Solid body base & posture Muscle endurance Reduce lower back pain	
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					Leg lift: Rectus femoris		
					TFL Adductors		
					Flexibility: ROM in shoulders (stabilisation & strength		
					ROM in shoulders (stabilisation & strength through different ROM) Hip flexors and hamstrings in pike position Lumbar flexion & PPT		
					Grip strength; Forearms		
					Plexors: Pollicis longus (thumb flexor) Flexor digitorum superficialis and flexor digitorum profundus (all finger flexors)	Shoulder stability	
	. Lower the har (or stand on a raised platform) & place hands in AFR				digitorum profundus (all finger flexors)	Shoulder stability Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement Toned Abs	
	Lower the bar (or stand on a raised platform) & place hands in AFB straps from behind Sit into the strap with arms behind you, knuckles facing up and should				Extensors: Extensor policis longus and brevis (thumb	Lower back control & engagement Toned Abs	
	feel a slight stretch in shoulders and pecs - Engage core, maintain shoulder & scapula stability - Slowly release into reverse hanging position & control tiny jumps (feet				extender) Extensor digiti minimi (pinky finger extender)	Solid body base & posture Muscle endurance Reduce lower back pain	
					Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Grip strength & rotation	
End range hang - release feet on & off floor (tiny jump)	Short controlled breaths Option - keep feet on the floor to feel the stretch & the outer range you feel comfortable to hang at	Max reps to feel comfortable	,	30 - 90 seconds	Extensor digitarum (all miger extender)	Grip strength & rotation Preparation for elite aerial skills Breathing control	
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	Lower the bar (or stand on a raised platform) & place hands in AFB straps from behind Sit into the strap with arms behind you, knuckles facing up and should				Extensors:	Scapular positioning & control Understanding AFB 'Fly Hang' height Core control & engagement Lower back control & engagement	
	feel a slight stretch in shoulders and pecs - Engage core, maintain shoulder & scapula stability - Slowly release into end range reverse hanging position - Drive up through hips into inverted hanging position, pull down & block				Extensor policie longue and bravie /thumb		
	Slowly release into end range reverse hanging position Drive up through hips into inverted hanging position, pull down & block				extender) Extensor digiti minimi (pinky finger extender)	Solid body base & posture Muscle endurance Reduce lower back pain	
	against straps - Slowly lower back to end range hang & repeat - Short controlled breaths				Extensor indicis (index finger extender) Extensor digitorum (all finger extender)	Grip strength & rotation Preparation for elite aerial skills Breathing control	
End range hang feet off lift to inverted	* Short controlled breaths *Option - tuck, straight legs	5 reps	3	30 - 90 seconds			
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Fun Challenge = Play with skin the cat shapes	Confinence in the project of the pro	Play with creative reps	3	30 - 90 seconds	Politicis longus (thumb flexor) Flexor digitorum sperficialis and flexor digitorum protundus (all finger flexors) Extensors: Extensor politicis longus and brevis (thumb extender) Extensor digiti minimi (pinky finger extender) Extensor digiti minimi (pinky finger extender) Extensor digitorum (all finger extender) Extensor digitorum (all finger extender)	Shoulder stability Scapular positioning & control Understanding AFB Fity Hang' neight Core control & engagement Core control & engagement Toned Abounted & engagement Toned Abounted & engagement Reduce lower back pain Preparation for eithe aerial skills Breathing control Breathing control Breathing control	