



## CONGRATULATIONS AND WELCOME TO AERIAL FITNESS BODIES!

Firstly, we want to congratulate & welcome you to our AFB community. We are looking forward to our AFB training journey together to learn new bodyweight skills, improve your aerial fitness & overall healthy lifestyle.

This program has been designed to improve your 'flag' technique and control to benefit your aerial hanging movement patterns to progress you to more advanced aerial skills.

This educational tutorial consists of safe aerial fitness progressions for you to achieve the elite 'flag' skill, overall body strength and improved physical health.

Once you feel confident and comfortable with each progression; you may move onto the next aerial skill. We recommend you challenge yourself throughout the progressions to achieve your desired aerial fitness goals.

In order to get the full benefit from the 'flag' program it is recommended that you view the '*Appendix*' & '*Exercise Library*' this will ensure that you have all the required information to begin.

Now we are ready to '*fly into fitness*' on this fun & challenging 'flag' journey.

For further help and advice contact the team at: [info@aerialfitnessbodies.com](mailto:info@aerialfitnessbodies.com)

Cheers,

Stustraps