

# 6-Week Introductory Aerial Conditioning Program

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## Arm/Shoulder Exercises

Scap Retracts	YTI's ( <i>band or prone</i> )
Pull Aparts	Pec Flies
Bicep curls	Super Marios
Rows ( <i>+goal post bonus</i> )	Push ups ( <i>variations</i> )
Lat Pulldowns (1 & 2)	

## Scap Retracts

1. Stand against a wall/door. Hold a band in both hands, palms up with minimal tension in the band (no “droop”).
2. Hips, head and shoulders on the wall. Arms bent so the forearms are parallel with the floor. (*Image 1*)
3. Squeeze the shoulders together while twisting the arms out. Go as far as able without “breaking position.” (*Image 2*)
4. Return to the starting position. (*Image 1*)
5. Repeat for the prescribed amount of time.



## Pull Aparts

1. Standing: Hold a band in both hands, palms down & arms straight with minimal tension in the band (no “droop”). (*Image 1*)
2. Squeeze the shoulders together while pulling the arms apart. Go as far as able without “breaking position.” (*Image 2*)
3. Return to the starting position. (*Image 1*)
4. Repeat.



## Bicep Curls

### *Band Option:*

1. Standing: Hold the band in each hand while standing on the bottom of the band, feet shoulder width apart. *(Image 1)*
2. Palms forward, shoulders engaged & head neutral.
3. Curl the palms up to the shoulders. *(Image 2).*
4. Return to the starting position. *(Image 1)*

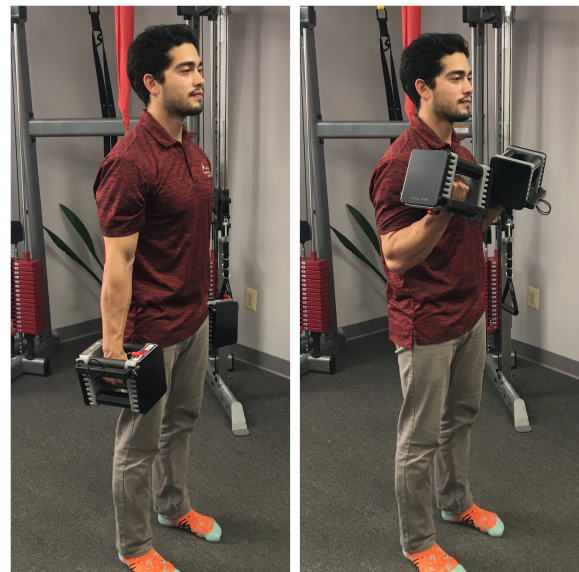


## Bicep Curls

### *Weight option:*

1. Standing: Hold a dumbbell in each hand while standing with feet shoulder width apart. *(Image 1)*
2. Palms forward, shoulders engaged & head neutral.
3. Curl the palms up to the shoulders. *(Image 2).*
4. Return to the starting position. *(Image 1)*

*\*Be sure to use a weight that allows for the torso and upper arm to remain still – no swinging.\**



## Rows (+bonus)

1. Stand facing band anchor point; hold band in each hand & step back so there is minimal tension in the band. *(Image 1)*
2. Row the arms with the elbows out (upper arm horizontal).
3. *BONUS:* externally rotate the arms by bringing the hands up (*can skip if form breaks during attempt*).
4. Return to the starting position (*if bonus done, first return to the row position & then the start*)



## Lat Pulldowns (I)

*Option 1: Standing – easier on the arms, harder on the core.*

1. Standing with the band anchored over a bar/in the top of a shut door. Have minimal tension in the band. *(Image 1)*
2. Pull the arms down to the side with the elbows straight. Keep the body straight and core engaged. *(Image 2)*
3. Return to the starting position.



## Lat Pulldowns (2)

*Option 2: Kneeling – tougher on the arms, easier on the core.*

1. Kneeling with the band anchored over a bar/in the top of a shut door. Have minimal tension in the band. (*Image 1*)
2. Pull the arms down to the side with the elbows straight. Keep the body straight and core engaged. (*Image 2*)
3. Return to the starting position.



## YTI (band)

*Band anchored at upper chest height*

1. Standing facing the anchor point, arms straight in front with minimal tension in the band.
2. Squeeze the shoulder blades together.
3. Pull into a “Y.” (*Image 1*). Return arms to start.
4. Pull into a “T.” (*Image 2*). Return arms to start.
5. Pull into an “I.” (*Image 3*). Return arms to start.
6. Repeat (Y+T+I= 1 rep)



## YTI (prone)

*Laying on a bench/mat so the arms can drop below body.*

1. Squeeze the shoulder blades together.
2. Raise into a “Y.” (*Image 1*). Return arms to start.
3. Raise into a “T.” (*Image 2*). Return arms to start.
4. Raise into an “I.” (*Image 3*). Return arms to start.
5. Repeat (Y+T+I= 1 rep)



## Pec Flies

*Can use weights or band (band not shown)*

1. Lay on your back on a bench/floor. Arms held directly in front with dumbbells in hands.
2. Core engaged, back flat.
3. Let the arms fall to the sides with a slight bend in the elbows.
4. Return to the starting position.
5. Repeat for prescribed reps.

*\*If using band, stand with band anchored behind you (opposite starting position as “pull-aparts.” Be sure to engage the core and keep the head neutral. This works the core as well as the arms.\**



## Super Marios

*Stand with a band anchored on the opposite side of the arm being worked:*

1. Hold the elbow at your side, arm bent. Step away from the anchor point so there is moderate/firm tension in the band. *(Image 1)*
2. Raise the arm up *(think of Mario's arm in a jump)* while keeping the shoulder engaged and not letting the band pull your arm into any rotation or across the body. *(Image 2)*
3. Return to the starting position.
4. Perform for the prescribed number of reps.



## Push Ups (I)

*Beginner: Hands on a surface higher than the feet*

1. Focus on keeping the abdominals engaged, pelvis and hips neutral.
2. Perform a push-up:
  1. Elbows in: targets deltoids, some (upper) pecs, serratus anterior & triceps.
  2. Elbows wide: targets all of the pecs, serratus & triceps.
3. Perform the prescribed number of repetitions.



## Push Ups (2)

*Intermediate: Hands and feet on level surface*

1. Focus on keeping the abdominals engaged, pelvis and hips neutral.
2. Perform a push-up:
  1. Elbows in: targets deltoids, some (upper) pecs, serratus anterior & triceps.
  2. Elbows wide: targets all of the pecs, serratus & triceps.
3. Perform the prescribed number of repetitions.



## Push Ups (3)

*Advanced: Feet on a surface higher than the hands*

1. Focus on keeping the abdominals engaged, pelvis and hips neutral.
2. Perform a push-up:
  1. Elbows in: targets deltoids, some (upper) pecs, serratus anterior & triceps.
  2. Elbows wide: targets all of the pecs, serratus & triceps.
3. Perform the prescribed number of repetitions.

