

6-Week Introductory Aerial Conditioning Program

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Core Exercises

Log Rolls

Plank Hold

Plank Taps

Plank Marches

Side Plank

Tuck Ups

Straddle Ups

Pike (V) Ups

Russian Twists

Penguin Crunches

Anti-Rotations

Lower Extremity

Marching

Hollow Flutter

Log Rolls

1. Begin in a hollow body position (image 1). Be sure that the back is flat, pelvis tucked and legs are extended/together.
2. Roll onto your side and into a “side arch” position (image 2). Be sure to keep the body in a straight line (no piking/arching).
3. Roll to your stomach and into an “arched” body position (image 3).
4. Continue to roll to the other side & into a side arch.
5. Finish by rolling onto your back. Repeat rolling in the opposite direction.



Plank Hold

Option 1 (Image 1):

- (*Beginner*) On elbows & knees: Engage the core and hold the back flat. Be sure to engage the shoulders and keep the head neutral. Hold.



Option 2 (Image 2):

- (*Intermediate*) On elbows & feet: Engage the core and hold the back flat. Be sure to engage the shoulders and keep the head neutral. Hold.



Plank Taps

1. Begin in a push-up position.
2. With the core and hips engaged, lift one hand and tap the front portion of the opposite shoulder. Keep the torso and body as still as possible.
3. Switch hands (without the body moving).
4. Repeat this “alternating march” for the prescribed duration.



Plank Marches

- Begin in a plank position on elbows & feet.
- With the core and hips engaged, lift one leg off the ground. Keep the torso and body as still as possible.
- Switch legs (without the body moving).
- Repeat this “alternating march” for the prescribed duration.



Side Plank

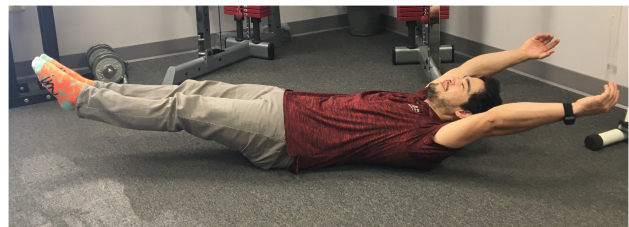
Beginner: Image 1; Intermediate: Image 2

1. Begin on one side.
2. Pushing through your elbow and feet (or knees), lift the hips to make a straight line from the feet to shoulders (through the torso)
3. Be sure to keep the torso straight (no pike/arch)
4. Hold for the prescribed duration.
5. Repeat on the opposite side.



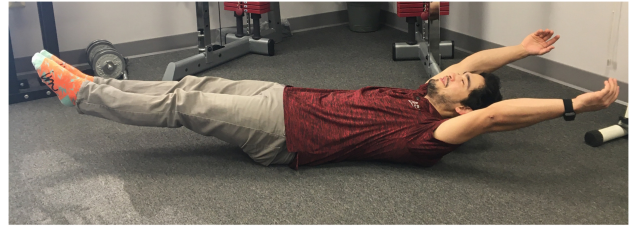
Tuck Ups

1. Begin on your back in a hollow body position. (Image 1)
2. Sit up into a tucked position & bring the arms toward your legs/the floor. (Image 2)
3. You should be “balanced” on your tailbone (not tipped back or forward).
4. Return to the starting position (Image 1)



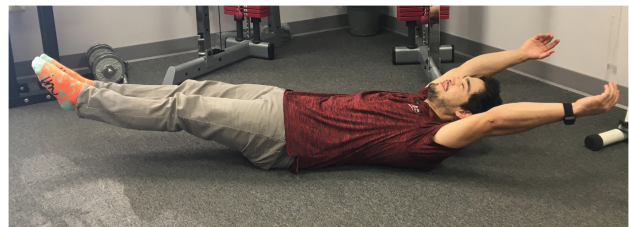
Straddle Ups

1. Begin on your back in a hollow body position. (Image 1)
2. Sit up into a straddle-V position & bring the arms toward your legs/the floor between the legs. (Image 2)
3. You should be “balanced” on your tailbone (not tipped back or forward).
4. Return to the starting position (Image 1)



Pike “V” Ups

1. Begin on your back in a hollow body position. (Image 1)
2. Sit up into a pike V position & bring the arms toward your legs/the floor outside the legs. (Image 2)
3. You should be “balanced” on your tailbone (not tipped back or forward).
4. Return to the starting position (Image 1)



Russian Twists

Unweighted (*less difficult*)

1. Begin in a “tuck-up” position (balanced on your tailbone).
2. While keeping the legs static and the trunk open (no rounding of the back), twist & tap both hands on one side.
3. Twist and tap the other side.
4. Repeat for the prescribed amount of time.



Russian Twists

Weighted (*more difficult*)

1. Begin in a “tuck-up” position (balanced on your tailbone). Hold a weight in your hands.
2. While keeping the legs static and the trunk open (no rounding of the back), twist & tap the weight on one side.
3. Twist and tap the other side.
4. Repeat for the prescribed amount of time.



Penguin Crunches

1. Begin on your back, knees bent.
2. “Crunch” the head and shoulders off the ground.
3. While in this position, side bend the torso and “reach” one hand to the same ankle.
4. Switch and go to the other side. Be sure to keep the pelvis tucked and the back flat!
5. Repeat for the prescribed amount of time.



Anti-Rotations

Stand with the feet apart, legs slightly bent, back flattened and core engaged. Anchor the band to your side.

1. Step away from the anchor point with the arms bent at your chest so there is tension on the band.
2. Slowly extend the arms until they are straight. Do not let the torso rotate!
3. Return to the starting position.
4. Do for the prescribed number of reps (on both sides).



Lower Extremity Marching

1. Lay on your back with your knees bent.
2. Flatten your back by engaging your abdominals and tucking your pelvis.
3. Slowly lift one bent leg until the thigh is perpendicular to the floor. (Image 1)
4. Return to the starting position and switch legs. (Image 2)
5. Perform for the prescribed amount of time.



Hollow Flutters

1. Lay on your back in a hollow body position (back flat, pelvis tucked).
Arms up = intermediate; Arms at side = beginner
2. "Flutter" the legs by scissoring them (as if swimming).
3. Be sure to keep the back flat!
4. Back the exercise down by bending the knees, or lowering the arms (*not shown*).
5. Perform for the prescribed amount of time.

