

# 6-Week Introductory Aerial Conditioning Program

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## Disclaimer

- This program is not intended to treat, diagnose or eliminate any pre-existing injury or deficit.
- As this program is not individually tailored, stop and contact your physician/physical therapist if you experience pain at any time. You know yourself best - modify when necessary!
- As this program is designed as an introductory strength program, we recognize that it may not challenge everyone.
- If uncertain about an exercise, ask! Tag us with a post on Instagram [@acrophysicaltherapy](#) or email us at [frontdesk@acropt.com](mailto:frontdesk@acropt.com) and we can help clarify.

## Dosage

- Choose the intensity (level) of the exercise that best suits your current fitness level.

*Example: Push up (1) vs Push up (2);*

*Rows with or without the bonus*

- Focus on *quality* over *quantity*. Fewer repetitions are always better when compared with compensations and form breaks to do more.
- Move through all the exercises in a slow and controlled fashion to get the most out of them. Take rest as needed.
- This is designed to work with someone training aerial 1 or 2 times per week. Try to shift the “OFF” days around to allow your aerial days to be those days. If you must workout on the same day that you train, always do the exercises after.

## Program Modification

- If the number of repetitions or the duration of an exercise is too *difficult*, it is completely appropriate to do LESS. If that's the case, no big deal! Better safe than sorry. That said, **do not move on** to the next week's calendar until you can complete the previous week's routine in it's entirety! (aka repeat the week!)
- If the number of repetitions is too *easy*, focus on moving more slowly through the exercise. Be cautious with increasing the number of repetitions. We'd recommend using heavier bands or adding a weight vest as the preferred option.

## Week 1 & 2 Calendar

Day 1 & 8	Day 2 & 9	Day 3 & 10	Day 4 & 11	Day 5 & 12	Day 6 & 13	Day 7 & 14
Core Workout A	Arm Workout A	Core Workout A	OFF	Whole Body Workout A	Core Workout A	OFF

## Week 3 & 4 Calendar

Day 15 & 22	Day 16 & 23	Day 17 & 24	Day 18 & 25	Day 19 & 26	Day 20 & 27	Day 21 & 28
Core Workout B	Arm Workout B	Core Workout B	OFF	Whole Body Workout B	Arm Workout B	OFF

# Week 5 & 6 Calendar

Day 29 & 36	Day 30 & 37	Day 31 & 38	Day 32 & 39	Day 33 & 40	Day 34 & 41	Day 35 & 42
Core Workout C	Arm Workout B	Whole Body Workout B	OFF	Core Workout C	Arm Workout B	Whole Body Workout B

## Core Workout A

Complete all circuit 1 sets before starting circuit 2

### Circuit 1 (3 sets):

Plank hold: 30 sec  
 Tuck ups: 12 reps  
 Russian Twists: 30 sec  
 Lower Extremity Marching: 30 sec

### Circuit 2 (2 sets):

Side plank: 30 sec/side  
 Log rolls: 8 reps/direction  
 Anti-rotations: 15 reps/side  
 Penguin crunches: 30 sec

## Core Workout B

Complete all circuit 1 sets before starting circuit 2

### Circuit 1 (2 sets):

Plank hold: 45 sec  
Tuck ups: 15-20 reps  
Straddle ups: 12 reps  
Side plank: 45 sec/side  
Russian Twists: 45 sec

### Circuit 2 (2 sets):

Plank marches: 30 sec  
Log rolls: 8 reps/direction  
Anti-rotations: 15 reps/side  
Penguin crunches: 45 sec  
Hollow Flutterers: 30 sec

## Core Workout C

Alternate circuits until all sets are complete

### Circuit 1 (3 sets):

Plank hold: 60 sec  
Straddle ups: 15 reps  
Pike ups: 12 reps  
Plank marches: 45 sec

### Circuit 2 (2 sets):

Side plank: 45 sec/side  
Penguin crunches: 45 sec  
Hollow Flutterers: 30 sec  
Plank taps: 45 sec

## Arm Workout A

Complete all circuit 1 sets before starting circuit 2

### Circuit 1 (3 sets):

Scap retracts: 30 sec  
Rows: 15 reps  
Bicep curls: 15 reps  
Push ups: 12-15 (Level 1 or 2)

### Circuit 2 (2 sets):

Pull aparts: 20 reps  
Lat pull downs: 15 reps  
YTI's: 6 reps  
Super Marios: 6-10 reps/side

## Arm Workout B

Complete all circuit 1 sets before starting circuit 2

### Circuit 1 (2 sets):

Scap retracts: 1 min  
Rows (+bonus): 15 reps  
Bicep curls: 20 reps  
Push ups: 12-15 (Level 2 or 3)

### Circuit 2 (2 sets):

Pull aparts: 20 reps  
Pec flies: 12 reps  
Lat pull downs: 20 reps  
YTI's: 8 reps  
Super Marios: 8-12 reps/side

## Whole Body Workout A

Complete all circuit 1 sets before starting circuit 2

### Circuit 1: (2 sets)

Scap retracts: 1 min  
Plank Hold: 30 sec  
Side Plank: 30 sec/side  
Tuck ups: 12-15 reps  
Push ups: 12-15 reps

### Circuit 2: (2 sets)

Pull aparts: 15 reps  
Penguin crunches: 30 sec  
Lat pull down: 15 reps  
Rows: 12-15 reps  
Lower Extremity Marching: 45 sec

## Whole Body Workout B

Complete all circuit 1 sets before starting circuit 2

### Circuit 1: (2 sets)

Scap retracts: 1 min  
Plank Taps: 45 sec  
Side Plank: 45 sec/side  
Straddle ups: 15-20 reps  
Push ups: 15-20 reps

### Circuit 2: (3 sets)

Pull aparts: 12-15 reps  
Penguin crunches: 30 sec  
Lat pull down: 15-20 reps  
Rows: 12-15 reps  
Hollow Body Flutters: 30 sec