



February Home Aerial Conditioning

Stay bendy and strong over our February break from classes!

Here's a sheet of stretches and exercises to help maintain (or improve!) your strength and flexibility. Aim to do these at least once a week. Three times would be great. Five times fantastic! Or maybe just do one each day – keep this accessible for yourself.

Be nice to your body, warm up using kicks or other movement like jumping jacks, running, something! Then do some lunges before doing splits. Spend a minimum of 30 seconds in all four splits (left, right, pancake and center). Warm up your arms and upper back, then work on your bridges even if you need to use a wall or the arm of your sofa to help support you. Try walking down a wall with small steps of your hands!

Week of February 6	1	2	3	4	5	Bonus/Note
10 pushups						
10 sit ups						
15-30 second Left & Right side plank						
Pike against the wall*						
20 straight leg lifts-sit against wall						

Week of February 13	1	2	3	4	5	Bonus/Note
10 pushups						
10 twisty sit ups						
30 second plank hold						
The Pancake Twist*						
Downward facing dog						
20 toe rises to eleve						

Week of February 20	1	2	3	4	5	Bonus/Note
10 pushups						
Butt walks						
30 second V or Pike sit						
Splits up the wall*						
20 mountain climbers						

BONUS

Want more abs than what we have on this list?

Feel free to add in a round of Baby Shark abs any day or week! (adapt it for yourself -maybe do just baby shark one day then daddy or grandpa shark the next).

Baby Shark Abs Calendar – Check it off each day you do at least part of it!

<https://youtu.be/LurCQ9XGkt0>  Baby shark abs challenge!!

Check it off here:



February		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

*Here is some guidance on what these are and how to do them

Pike against the Wall

Stand in front of a wall, then lean over pushing your back against the wall, keeping your knees straight. You might need to adjust how close or far you are from the wall.



The Pancake Twist

Sit in straddle. Lean to one side trying to get your shoulder inside your legs stretching opposite side arm over your head. Same side arm goes palm up stretched in front of you.



Splits up the Wall

Try to keep your back leg straight. Your front foot does not need to be at the wall - have it out as far as you need to in order to keep the back leg straight. If you can't reach the floor and keep good form pull a chair or something closer to help. Tera used mats.

