Christopher Harrison's AntiGravity®
Suspension Fitness 1 Teacher Training
COURSE DRILL SHEET

GWT "Strengthen & Stretch":

BackBeltWrap

BackWrap

PrayerWrap

OpenHammockShoulderWrap

PouchWrap

BasicGrip, BasicGripHigh

ReverseGrip

UpwardRollGrip

UpwardRollGrip from Behind

BackBeltPrayerWrap

BootyWrap

ReverseAnkleTrap: Flamingo Mount & Glider Mount, Tension Mount

DoubleReverseAnkleTrap

ArchWrap

DoubleArchWrap

BumWrap

BackWrapDoubleWristWrap, BackWrapSingleWristWrap

BackBeltDoubleThighWrap

GWT "Absolute Abdominals":

PushGrip

InwardRollPushGrip

OutwardWrapReverseGrip

OutwardWrapPullGrip

DoubleKneeTrap

DoubleAnkleTrap: Charlie Chaplin

KneeTrap

FrontBeltWrap

ReverseGripLow (Swoosh / Tuck Flip)

HeelWrap

DoubleWristWrap

SingleWristWrap

DRILLS:

Table Top Mount

Saucer Mount

Flamingo Mount

Glider Mount

Tension Mount

BackWrapDoubleWristWrap, BackWrapSingleWristWrap

InwardRollPushGrip

OutwardWrapPullGrip

OutwardWrapReverseGrip

Cannonball Holding Flip (progression for Swoosh Flip / Tuck)

MOUNTS & DISMOUNTS:

Table Top Mount

Saucer Mount

Inverted Levitations Mounts: Marching, Tugging, Kicking

Flamingo Mount

Glider Mount

Tension Mount

TRANSITIONS:

Jump Rope

Charlie Chaplin to Drawbridge

DoubleAnkleTrap to DoubleKneeTrap (Possum)

DoubleKneeTrap to BumWrap

SPOTTING:

BackBeltWrap Inversions
Safety:
LegLock Spot: Narrow Knees Through Center, WrongSideWrap, HopeWrap
Disorientated Focus: Chin to Chest

Front Angel Flip
Safety:
ShoulderWrapped Spot
Orientation / Momentum Assist:
Place one foot into Hammock.

ReverseAnkleTrap Spot
Safety:
In the situation where the student has trouble keeping their balance while executing Flamingo/Glider/Tension Mount, the instructor can offer a steadying hand by standing in front or to the side of the student. This spot can also be used

during the course of any ReverseAnkleTrap exercise, not just when they are using a mount. A hand or even a chair can be used to help steady their balance.

Back Flips & Walkovers
Safety/Momentum Assist:
First half of back flip, place one hand at lower back Fulcrum Point to assist the up. Switch hands once past center to hips if necessary to ease landing. Assure feet land to floor.

Front Flips & Walkovers
Safety/Momentum Assist:
Check Inlocate position of arms before any forward flipping.
Have participant bend one knee lifting foot off the ground. Grab under their shin and have them push down into your hand as they jump on your cue. Press chin to chest. Switch hands once they pass center supporting the midback to help control their soft landing.

Vitruvian Man / Falling Star
Safety/Orientation Spot:
From Plum on High to Wizard assist from behind at the shoulders to lift up to sit.
From Sumo to Falling Star, draw chin to chest, verbally cue to roll down and keep legs wide in Star, supporting from front, under shoulders on the roll down.

Football Swings, BackWrap Swings / Tuck Swings, Free Swinging, Swinging Lever Abs Sequence, Swoosh Flip / Tuck
Verbal Spots:
Cue what is happening on the front swing, on the back swing, where to land, and the whole group going together.

****AntiGravity® Rule of Thumb**- Always maintain contact with the AntiGravity® Harrison Hammock.