Christopher Harrison's AntiGravity®
Suspension Fitness 1 Teacher Training
DAY ONE

-Registration (30min Prior to training start) *Based on a 9am-5pm schedule
-Meet & Greet (30-45min)
-CCH Welcome VIDEO
-Set Objectives: Listen as instructor, Importance of Nomenclature & Progressions. What is Suspension Fitness, What Differentiates Suspension Fitness from other fitness classes, What differentiates Suspension Fitness from other AG techniques.

"Strengthen & Stretch" Class Design (75 mins)
9:30-10:45am

BREAK (5mins)
Discuss Class
Manual Ritual

BREAKDOWN
Class Design 1: "Strengthen & Stretch"

BackBeltWrap Inversion/ (Table Top Mount/Saucer Mount)
Spots, Scans, GWT
-Spiderman
-Vitruvian Man Sequence
Practice Teach
Practice Spot

BootyWrap Inversion
Spots, Scans, GWT
-Harrison Handstand
Practice Teach
Practice Spot

OpenHammockShoulderWrap Flips/Tricks
Spots, Scans, GWT
-Front Angel Flip
-Plow Dips
Practice Teach
Practice Spot

Flips/Tricks
Spots, Scans, GWT
-Front Walkover
-Back Walkover
Practice Teach
Practice Spot

*****LUNCH*****

VIDEO Support
GWT Drill

Rocking Achilles Stretch - **Scans, GWT**

Layout / Luge Sequence - **Spots, Scans**

Ski Jumper - **Scans, GWT**

Wings & Planks Basic Sequence (Flamingo Mount/Glider Mount/Tension Mount)
Spots, Scans, GWT

Practice Teach

Strengthening Section/Swinging Section
Spots,Scans, GWT
-Football Swings
-Lever Abs Sequence
-Washing Machine Abs
-BackWrap Swings / Tuck Swings
Practice Teach
Practice Spot

Strengthening Section
Spots, Scans, GWT
-Sharks
-Tugs Jacks Sequence
-Tugs Lunges Sequence
-Levitations Sequence
-Jump Rope Transition
Practice Teach
Practice Spot

GWT DRILLS
Practice Teach