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

WELCOME BACK!!!! *Based on a 9am-5pm schedule

Review Day One Spots / GWT

"Absolute Abdominals" (75mins)
9:15-10:30am

BREAK (5mins)
Discuss Class

BREAKDOWN
Class Design 2: "Absolute Abdominals"

BackBeltWrap Inversion (Table Top Mount / Saucer Mount)
Spots, Scans, GWT
-Harrison Handstand
-Accordion Push Ups / Handstand Marches
-Skydiver
Practice Teach
Pracitce Spot

BackBeltWrap Flips / Tricks
Spots, Scans, GWT
-Falling Star
Practice Teach
Practice Spot

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

BackBelt Standing Crunches - **Scans, GWT**

Swinging Lever Abs Sequence - **Scans, GWT**

Practice Teach

*****LUNCH*****

Strengthening Section
Spots, Scans, GWT
-Inverted Levitations - **Spots, Scans, GWT**
-Waterskier Chin Ups - **Scans, GWT**
-Washboard Abs Sequence - **Scans, GWT**
Practice Teach
Practice Spot

FrontBeltWrap Sequence
Spots, Scans, GWT
-Walk the Dog Sequence
-Swoosh Flip / Tuck
Practice Teach
Practice Spot

Slope / Possum Sequence - **Scans, GWT**

Gnat Wings / Windshield Wipers - **Scans, GWT**

Possum Transition- **Scans, GWT**

Hurdler / Split - **Scans, GWT**

Practice Teach

REVIEW
Spots, GWT'S

PRACTICUM
-Individual and/or Group Feedback
-Aerial Pyramid Photo
-Empowerment & FUN!!!

FLY HIGH!!