# Christopher Harrison's AntiGravity®
# Suspension Fitness 1 Teacher Training
TEST

**TRUE/FALSE**

F In AntiGravity® Suspension Fitness it is very important to push your students as hard as you can to do everything perfectly the entire class.

F Table Top Mount starts and ends underneath the Plumbline.

F Coming up from a BackBeltWrap inversion it is important to find Floating Child's Pose.

F Sharks are done in ReverseAnkleTrap.

T When bringing your students into OpenHammockShoulderWrap it is advised to utilize Orientation Cues.

F Scanning for covered shoulders in Front Angel Flip is only for ease, but is not a safety concern.

T One way to spot a Front Angel Flip is to place one of the student's feet into the Harrison Hammock and have them push down to lift the hips.

T It is always important to scan for Narrow Knees Through Center, WrongSideWrap, and HopeWrap coming into any backward inversion.

F Tug Jacks happen in ReverseGrip and Tug Lunges happen in a BasicGrip.

T Monitoring Resistance is the AntiGravity® Principle to be emphasized in the Strengthening Section in AntiGravity® Suspension Fitness.

T Reminding students that they are only in class to "Do their best no better no less" is part of the AntiGravity® philosophy.

T Keeping the elbows in and close to the body will help students be more successful in Levitations Sequence.

F The most important principle in Jump Rope Transition is Fulcrum Point.

T "Take one step forward" is an important cue to give in the set up of UpwardRollGrip from Behind.

T In Football Swings, the most important principle for safety is Tension vs Slack.

T Emphasizing the principle of Fulcrum Point is imperative in order to be successful in Lever Abs Sequence.

T To help your students find strength and proper placement in BackBeltWrap, BackBelt Standing Crunches is a great progressional exercise.

F You do not have to keep your feet flexed in the Harrison Handstand if you are a dancer or gymnast.

T Coming into BootyWrap in OpenHammock, we adjust the front edge before the back edge.

T It is helpful to discuss the Momentum and Timing Principle during the BackWrap Swings.

T The Rule of Thumb in AntiGravity® Fitness is: "Always maintain contact with the Harrison Hammock."

T Flamingo Mount, Glider Mount and Tension Mount are both acceptable options to use when coming into a ReverseAnkleTrap.

F If you should lose your balance in a ReverseAnkleTrap, grab tight to the Harrison Hammock.

T You may feel a deep tissue massage in your thighs while in Vitruvian Man.

F The only real difference between AntiGravity® Suspension Fitness and Aerial Yoga is the music.

**MULTIPLE CHOICE**

1. Your Plumbline Relationship when coming into a Saucer Mount is
   a) In front of Plumbline
   b) On Plumbline
   c) Behind Plumbline
   d) all of the above

2. Stepping further underneath the Plumbline in Waterskier Chin Ups will
   a) Make the exercise less challenging
   b) Make the exercise more challenging
   c) Will not change the difficulty
   d) Will ruin the benefits

3. Which AG Philosophy best encompasses Suspension Fitness
   a) Pursuit of Excellence
   b) Use it or Lose it
   c) Open Up, Be Free
   d) Both A and B

4. The AntiGravity® Motto is
   a) Just Do it!
   b) Be Safe, Have Fun, Kick Ass! – In that order.
   c) It does a body good to fly!
   d) Upside down is Right Side up!

5. When teaching an OpenHammockShoulderWrap the teacher should be scanning from
   a) The front of the room
   b) Lying in the hammock
   c) Back of the room
   d) looking in the mirror while doing

6. When teaching Inverted Levitation Tuck important cues to be giving are
   a) Pull down, look where you want to go and extend the elbows
   b) Throw the body back and jump off the floor
   c) This is going to be hard, jump
   d) Let go when your hips are above your shoulders

7. Plumbline relationship in BackBelt Standing Crunches is
   a) not really important
   b) Underneath Plumbline
   c) Behind Plumbline
   d) Changes throughout the sequence

8. We swing in AntiGravity® Suspension Fitness
   a) Anytime
   b) Only when it is intentional
   c) In Cocoon and Womb only
   d) whenever students are frustrated

9. The wrap used in Inverted Levitations Sequence is:
   a) PrayerWrap
   b) HopeWrap
   c) BackWrapDoubleWristWrap
   d) BackBeltWrap

10. In Awesome Possum it is important to cue
    a) Hold on for dear life
    b) Press chin to chest and drive heels towards butt
    c) Squeeze everything
    d) Relax the neck

11. When teaching Football Swings in BackBeltPrayerWrap, the most crucial AG Principle emphasized to maintain safety is:
    a) Economy Of Motion
    b) Tension vs. Slack
    c) Open Up, Be Free
    d) Monitor Resistance

12. In Skydiver, it is very important to scan for
    a) Pointed feet and legs tight together
    b) Flexed Feet and legs abducted
    c) Heels to butt and knees bent
    d) Open eyes and smiling faces.

13. During the Walk the Dog Sequence, we emphasize
    a) Proper Harrison Hammock placement
    b) Wagging Tail
    c) Keeping Tension
    d) Both A and C

14. In Swoosh Flip / Tuck, Momentum and Timing should be cued as:
    a) On the back swing, hands slide down and tuck chin to chest, driving heels towards butt.
    b) As you pass center press the chin to the chest.
    c) On the forward swing, hands slide down and tuck chin to chest, driving heels towards butt.
    d) While swinging, lift the hips and go for it!

15. When Spotting a Pull Up Back Flip, you stand
    a) In front of the student
    b) Behind the student
    c) On the side of the student
    d) Switch from front to side

16. Shoulders should be in _____ position during a Pull Up Front Flip
    a) Upright Extension
    b) Inlocate
    c) Open shoulder
    d) Outlocate

17. Hurdler / Split Sequence opens up space in
    a) The deltoid and trapezius muscles
    b) The hamstring muscles
    c) The quadriceps muscles
    d) The core muscles

18. In Falling Star, the spot happens from
    a) The back
    b) The side
    c) The front
    d) none of the above

19. We teach the following 2 benefits in Vitruvian Man / Falling Star Sequence
    a) Deep tissue massage and Tourniquet Effect
    b) Tenacity and Numbness management
    c) Decompression and Synovial Fluid release
    d) Dizziness Tolerance and Hormonal release

20. When you transition from Possum to BumWrap the important cues to emphasize Economy of Motion are:
    a) Kick your legs and pull
    b) Push your hips forward and climb your hands upward
    c) Push you hips forward and pull up
    d) This is going to be challenging, pull really hard

21. It is important to emphasize the principle of _____ in Falling Star
    a) Weight Distribution
    b) Trust
    c) Resistance vs. Flow
    d) Both B and C

22. AntiGravity® Suspension Fitness is accessible to
    a) Only the strongest AntiGravity® students
    b) Only athletes and dancers
    c) Anyone who has an exercise regime
    d) Only people with less than 20% body fat

23. In Cocoon, we teach that we should always remember to
    a) Forgive ourselves for the places in class where we weren't perfect
    b) Congratulate ourselves for our accomplishments
    c) Both A and B
    d) To try not to fall asleep

24. In Skydiver the most important spot is:
    a. Wrapping the toes
    b. Flexing the feet
    c. Pressing the legs apart
    d. There is no spot

25. The Charlie Chaplain pose is also known as:
    a. ReverseDoubleAnkleTrap
    b. DoubleAnkleTrap
    c. Always done in a standing position at back tension
    d. Always done with ankles on Plumbline