



LOWER BODY TRAINING FOR AERIALISTS

Designed by Lauren Joy Herley

PURPOSE

This glutes and lower body conditioning program is designed to increase your strength, endurance, stability, mobility, and overall awareness of your lower body. Although our industry tends to discourage the building of muscle in the lower extremities for women, it is important to remember that the stronger and more flexible you are, the more you can use your body at its highest potential to create in your craft. Also, the less likely you are to be injured. "If it's not strong. It's not beautiful."

- Lauren

Initiated by The Artist Athlete – Shannon Mckenna

LOWER BODY TRAINING FOR AERIALISTS

FOCUS

Strength training for the lower body for aerialists and / or acrobats.

TIME LENGTH

45 minutes to 60 minutes.

Depending on how many sets of the exercises you do, and how quickly you do them.

EQUIPMENT

This program is designed to be done without any equipment, but ideally if you have a yoga mat, and a stool, chair, or bench near you, it will be optimal. Also, over time you may add a kettle bell or weights of your choice and or resistance bands to intensify the exercises.

DESCRIPTION – INTRODUCTION

As professionally trained aerialists, we naturally have very developed shoulders, backs, cores, etc. It is incredibly important though to remember to train our lower body. Especially our stability, strength in extreme positions, ability to fire up our muscles when in flexion and extension and have stability. There is no way I could have performed the amount of shows and different durational, no touching the floor aerial acts without the have very strong legs and glutes that took over for me and made me appear just that much more powerful in the air.

When completing this program, it is important to remember your technique, your form. Unlike cardio, in strength training you cannot get away with bad form and it could potentially harm you. Especially if you are adding weights to the exercises.

Remember, our glutes are our support system. Our entire spinal column is supported by our glutes, as our shoulders are, and core is. Without a strong foundation, where can we then build strength? It is all about balance, we must not rely on our apparatus or our shows to give us enough precise conditioning, we must go the extra mile to attain excellence and avoid injury at all costs. Enjoy!

WARM UP – GLUTE ACTIVATION

- Lunge knee touches (back leg extended) 10x
 - o Hold back leg active and straight, turn towards knee, open, 2x arm circles.
 - o Turn out, bind.
 - o Face forward, grab leg behind and pull towards bum.
 - o Turn towards knee, 5x lift pulses.
 - o Return to deep lunge stretch, straighten front leg, pike down, pyramid stretch.
- Frog hip pulses, 15x
- Deep turn out squat, side to side stretches, demi point, active hold.
- Feet parallel deep squat, grab ankles, deep squats up and down 12x
- Test endurance and comfort in deep squat.
- Test weight transfer from one leg to another in deep squat.
- Attempt safely going from deep squat to pistol squat on each leg. Make 5x attempts.

SECTION 1

- Bulgarian split squats, 4x 12 reps (each leg)
- Sumo squats, 4x 20 reps
- Standing single leg squats 4x 10 reps (each leg)

SECTION 2

- Two-legged bridge thrusts 4x 10 reps
- Elevated single leg hip thrusts, 2x 12 reps (each leg) holding for 10 sec. at end.
- Reverse lunge kick backs, 2x 10 reps (each leg)

SECTION 3

- Single leg hip thrusts, opposite leg extended to ceiling. 4x 10 reps (each leg)
- Fire hydrants, 15 reps (each leg) 2x set
- Side fire hydrants, 15 reps (each leg) 2x set
- Straight leg side fire hydrants pulses, 15 reps (each leg)
- Pronation toe touch heel lifts. (Laying on stomach, hands under forehead, heels touching, knees bent, toes flexed. 25x
- No weight sumo-dead lift, hip hinge, bend over, squeeze glutes and activate core to stand up. Squeeze glutes at the end of each rep. 25x

FINISHER – COOL DOWN

- Low plank knee touches 20x
- Single leg demi point raises 15x each leg
- 30x demi point raises (on both feet)
- Downward dog, 20 sec.
- Upward dog, 20 sec.
- Pigeon on both legs, 1 min. each
- Splits on both legs, 1 – 2 min. each
- Middle split, 1 min. pancake stretch, side to side after, 1 – 2 minutes full middle split
- Bum stretch sitting, 30 sec. each leg
- Double pigeon, 1 min. each leg.
- Pike stretch 30 sec.
- Laying down, quad and hamstring stretch, 1 min. each leg

BRAVO, YOU DID IT!

*If you have any questions, please feel free to contact *The Artist Athlete – Shannon Mckenna* or *Lauren Joy Herley*. When in doubt, it is also encouraged to seek advice from a certified strength and conditioning coach or your doctor.

[@the_artist_athlete](#)

[@herleylaurenjoy](#)