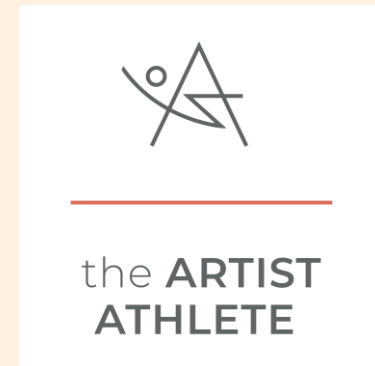


# Flying Flexibility

SPECIALIZED STRETCHING  
FOR AERIAL ARTS



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# What *is* flexibility?

## Passive flexibility

What you typically think of as stretching, and how far you can get with the use of gravity or leverage.



## Active flexibility

How far you are able to get when working against gravity (without being able to relax into a stretch), and how much control you have over your max. end range of motion.



# But then what exactly is “end range”?

Simply put:

**End range is your maximum stretch.**

For example:

How deep your split/oversplit is on the ground when you can sink into it  
How close you can get your feet to your head when someone assists you

These would be considered your end range, and in a perfect world, you should be able to get at least close to your maximum stretch *actively* (without someone/gravity/leverage assisting you).

This is what it means to have control over your end range; being able to use your muscles to get (close) to your maximum stretching ability.

# Beginning

Start with your aerial specific shoulder warm-ups, then...

- Active hamstring release (15:49)
  - Baby penché (18:43)
  - Active lunge (27:50)
- Cobra to puppy pose (40:13)
- Pigeon w/ side bend (46:28)
  - Woodpeckers (49:37)
  - Flat back lowers (53:02)
  - Side bend skillets (56:38)

Follow up with 10-15 minutes of passive-style stretching



# During



Stretchity-stretch!

More passive-style stretching without maxing out. Just get that stuff loosened up and ready for bendy tricks.

(But don't go crazy with the overhead shoulder stretches!)

## Examples:

Lunge

Pike

Pancake

Splits

Cobras

# End

Stretch it oooooout

- Twisted puppy pose (1:35:12)
- Good ol' fashioned shoulder stretch (1:36:36)
- Lat stretch w/ resistance (1:39:02)
  - Pec stretch (1:43:03)

Additional cool-down stretching ideas:

Splits

Bridges

