

# *The Kick-Tushie Training Funsheet!*

*Laura Witwer Aerial classes NYC*

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## WARM-UP (CLIMBING, DOUBLE ANKLE HANG WITH SIT-UPS, ETC.)

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## CORE CURRICULUM (FOOT KNOTS, ANKLE HANGS, HIP KEYS, ETC.)

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## WHAT I'M WORKING ON NOW (CRAPTASTIC ROLLDOWNS, BALANCING SPLITS, ETC)

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## CONDITIONING (PULL-UPS, STRADDLES, PULL-UPS & PIKE-OVERS, ETC)

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## DEEP STRETCHING (SPLITS, STRADDLE, CHEST & BACK, ETC)

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YOU ARE A ROCK STAR!

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