



ANTIGRAVITY FLIPS & TRICKS

Class Design: “SUPERHEROES”

(Based on 90 minutes)



CLASS INTRO

Monitor Resistance Reminder

ESTABLISH PRESENCE:

TRACTION CHAIR RECOVERY SEQUENCE

GWT: Back Wrap on Plumblines, Basic Grip

Tension Press Grip

Leaning Plank (hips up)

Pulling Pike (hips back)

Square Chair

Pulling Pike

REPEAT 1-4 Numerous times.

Suspension Bridge

1st INVERSION:

SPIDERMAN BOOTY WRAP INVERSION

GWT: Booty Wrap, Basic Grip

Adjust Front edge

Adjust Back edge

Reverse Sit Up

Hollow Body Lever

Straddle Lever

Wide Circle Leg Lock

Spiderman Holding

Spiderman

Walk hands to Front Tension

Front Belt Wheelbarrow



Release hands, arms behind head

Swinging Spiderman Crunches (Variation)

Spiderman Holding

Wide Circle Unlock

GWT: PouchWrap

Floating Childs Pose

MOBILITY SECTION:

MOUNTAIN PEAK SUN SALUTATION

GWT: Back Wrap

Mountain Peak

Third Eye Prayer

Mountain Peak

Chair

Forward Leaning T with Heel lifts (variation)

Hissing Cat (high heels)

Repeat 3X

Mountain Peak

Third Eye Prayer

Mountain Peak

Chair

TWIST WRIST STRETCH

GWT: Upward Roll from in front / Unity Interlock Clasp

Plumbline: Start on Plumbline walk to back tension

Standing behind hammock, arms through to front side, reaching low

Unity Interlock Clasp Low (Crossed Wrists, Fingers interlocked)

Walk to back tension, latching wrists



Slow Ravel: upward roll, maintaining tension, adjusting plumbline, Pull hands toward heart
Reach hands away from heart and pull elbows in
Slow Unravel: return to below, Single Wrist Tugs halfway down
Repeat other side (optional)
Release

FLIP & TRICK SECTION:

MAGNETO FLYING SEQUENCE

LOW PROGRESSION SEQUENCE:

GWT: Single Wrist Wrap Below / Close Push Grip

Dynamite Blasts (straddle kicks)

Frog hold, Frog pulses, Straddle hold

HIGH PROGRESSION:

GWT: Basic Grip, Single Arch Wrap.

Re-Grab, Reverse Grip High.

Step up

Double Arch Wrap Stand,

Wide Single Wrist Wrap Below,

MAGNETO

Tucks & Straddles (variation)

MAGNETO SLIDE (air-walks)

Frog hold (variation)

Dismount to floor

Dynamite Blasts Repeated (variation)

MOBILITY SECTION:

TWIST WRIST STRETCH (repeat other side) optional



FLEXIBILITY SECTION

SKI JUMPER / PERICARDIUM STRETCH

GWT: Single Wrist Wrap from Behind, Double Wrist Wrap from Behind, Houdini Wrap

Inlocate Pushback (Variation)

Lunge R

Ski Jumper

Swim Start

Kneel (optional variation)

Ski Jumper

Lunge L

GWT: Shawl, Yoke, Halter, Boa (Double Arm Wrap)

Standing Cross (aka Pericardium stretch)

Move to front tension and relevé (up on toes)

Front tension pulses

Hand /finger variations

Walk back to plumbline, turn palms to face back

Inlocate bow

Standing Cross

Interlock Grip at Back Tension

Arms Tug, Pike Pull, gentle switches

2nd INVERSION FRONTBELT SECTION:

FLYING DOG / CANNONBALL ROCKS / MISSION IMPOSSIBLE

GWT: Push Grip, Front Belt Wrap

Right Angle T

Taut Dog (moving through)

Down Dog (moving through)



Tee Pee (on plumbline)
Flying Dog (moving through)
Circle arms on floor around to sides
Cannonball
Cannonball rocks over Plumbline
Incremental lifts to Mission Impossible (optional)
Teepee
Taut Dog (moving through)
Right Angle T
Rest Stop (at front tension in FBW)

IRONMAN FLYING SEQUENCE

GWT: Front Belt Wrap, Reverse Grip from Behind (Inlocate)

Swoosh/Cannonball swings (holding)

Giraffe
Swoosh Swing back and forth 1x
Cannonball on back swing (hands slide down)
Swoosh position on front swing (hands slide up)
Repeat
Rest Stop (at front tension in FBW)

R. Angle T/ Cannonball swings (not holding)

Right Angle T
Cannonball swing 1x (no hands)
Right Angle T
Repeat
Rest Stop (at front tension in FBW)

Cannonball/Mission Impossible free swings (not holding)

Right Angle T
Cannonball swing 1x



Incremental lifts front swing

Cannonball on backswing

Repeat

Mission Impossible swings w/ leg & arm variations

Rest Stop (at front tension in FBW)

Ironman (no handed swoosh)

Right angle (arms at sides)

Lift feet, legs and chest simultaneously

IRONMAN Swings

Dismount Feet on front swing

TRACTION CHAIR RECOVERY SEQUENCE

GWT: Back Wrap, Basic Grip

Back Wrap on Plumblin

Back Leaning plank

Plumblin adjust (optional)

Hip flexor tenderizer (pounding)

Same sequence as beginning of class

-----Water break-----

3rd INVERSION FLIP & TRICK SECTION:

CAPTAIN MARVEL

GWT: Criss Cross Reverse Grip, Booty Wrap Front Edge Adjust with Front Belt

Arms practice: Criss Cross Reverse Grip (standing behind hammock)

Pouch Wrap (facing the back of the room)

Booty Wrap Front Edge Adjust

Criss Cross Reverse Grip

½ Turn to face back



Lats drill

Toes on floor

Tuck knees

Pike legs

Pullover mount to FBW

(Leverage assist “cheat” modification)

Raggedy Mandy

Reverse Grip High Swoosh (optional)

Captain Marvel Pose

Marvelous Roll out ----or--- Marvelous Flip

½ spin to front

Pirouette dismount & Strike a pose

MOBILITY SECTION:

TWISTOPHER SWAYS

GWT: BackWrap

BackLean, Pillow arms, Wide Stance

Side Bend legs straight

Twisted Side Bend one leg bent

Other side

Twistopher Sways (Pillow arms)

GYRO

GWT: BackWrap

Back Leaning X (arms in T)

½ Gyro R, ½ Gyro L

Repeat

Gyro R 5x, Gyro L 5x

Hourglass

Bodywave up



FLIP & TRICK SECTION:

LUGE / STARFIRE POSE LOW

GWT: Arch Wrap, Basic Grip (shoulder height) on plumbline

Tension press Hamstring Stretch (basic grip chest height)

Slide hands up (Basic Grip Head Height)

Luge

Rewind to floor

Luge Switch legs

Rewind to floor

Tension press Hamstring Stretch (basic grip chest height) Opposite side

Slide hands up (Basic Grip Head Height)

Luge Repeat / Rewind to floor (optional)

Starfire Pose

Rewind to floor

STARFIRE WALKOVER LOW

GWT: Arch Wrap, Basic Grip (Shoulder Height)

Tension press Hamstring Stretch

Starfire Pose

Starfire Walkover

Lunge Landing

Strike a pose

STARFIRE POSE HIGH

GWT: Arch Wrap, Basic Grip

Step Up Mount

Double Arch Wrap Stand

Adjust Basic Grip down to HIP Height

Lift knee, One legged Stand



Hips over shoulders

StarFire Pose

StarFire Walkover

Land in Lunge on plumbline

Stike a pose

RESTING SECTION:

COCOON

GWT: PouchWrap at Front Tension

Pouch Mount

Swinging Pouch

Enhance Swing

Swinging Angel

GWT: Cocoon Wrap

Swinging Cocoon (upper body at back tension, lower body at front tension)

Back Angel Flip dismount