

TRICKS & FLIPS

“Superhero Sequences

This AntiGravity course offers 5 new sequences (plus bonus) delivered in the AntiGravity style. Learn the GWTs, the progressions for learning, the principles, the crucial safety scans / cues, and the hands-on spots to integrate them into your existing class designs.

SEQUENCES

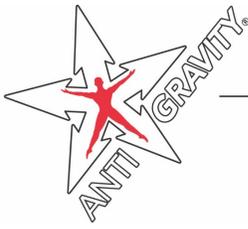
MAGNETO: This strength training sequence combines a standing drill portion and a flying maneuver that complement each other. The movement is borrowed from gymnastics rings. Just like the superhero Magneto, it is a move of both power and grace.

IRONMAN: This sequence combines strength & fulcrum point awareness for an unstable balancing exercise on a moving plane. It trains air-awareness by engaging muscles and proprioceptors. The superhero Ironman has a unique way of flying, now you do to!

CAPTAIN MARVEL: This third layer high-flying pose is a horizontal posture that challenges fulcrum point awareness. Achieving this pose will give you greater air awareness and back strength. As an aerial somersaulting move, it is an opportunity to create beauty just like the Captain herself, and it is fun to do!

STARFIRE: The Starfire & Starfire Walkover(s), both low and high, are complimentary moves that exemplify progression style learning. Achieving the beautiful Starfire pose, informs the Starfire Walkover (low), which leads to Starfire Walkover (high). It is a full rotation flipping move that demonstrates the lovely form and agile prowess of the superhero it was named for.

TRACTION CHAIR RECOVERY SEQUENCE: This foundational sequence is accessible to all and has immediate healing qualities. It is a great replacement for Chillax to do after an inversion or flipping maneuver. The simple sequence can act as the glue that integrates your class design, bringing students back after decompression without significant challenge. When taught correctly, is also terrific for building the deep core and pelvic floor. This sequence is also useful for an integrated class introduction as newbies become accustomed to the AntiGravity Hammock and learn the accompanying AG principles.



MAGNETO FLYING SEQUENCE

HAMMOCK: Closed

GWT: Single Wrist Wrap below/Push Grip (hands together)

PRINCIPLES: Tension vs Slack, Monitor Resistance

LOW PROGRESSION SEQUENCE: DYNAMITE BLASTS

- 1) Standing behind hammock on plumbline, reach arms through center, Single Wrist Wrap below, slide hands together, PushGrip.
- 2) Lock out arms and apply tension to outside of hands, kick legs in straddle for Dynamite Blasts, replace to floor, apply slack, maintain grip, lift arms to chest, REPEAT
- 3) Lock out arms, Lift knees for Frog hold, Straddle hold

HIGH PROGRESSION SEQUENCE:

GWT: Double Arch Wrap, Single Wrist Wrap below

- 1) Standing behind plumbline in Basic Grip.
- 2) Single Arch Wrap, bend knee through center, release hands and reach through for Reverse Grip High.
- 3) Plumbline adjust.
- 4) Slide hands up, pull to Step up to Double Arch Wrap Stand.
- 5) Bend at hips maintaining tension in arms, switch grip to Single Wrist Wrap below
- 6) Push wide, lift chest, release tension in feet, MAGNETO.
- 7) Variation: tuck, straddle
- 8) MAGNETO Air Walk: slide to lower to floor (optional Magneto diva legs)

DRILL:

Strength test can be done with Low Hammock and bent knees

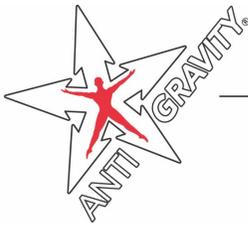
High progression can be done with low hammock and feet on floor at first.

VARIATION:

Option to add Tucks or Straddle before Magneto Air Walk to floor

Repeat Low Progression Dynamite Blasts Straddle or Frog pose holds at end before feet land.

SPOT: From behind, Support under the armpits



IRONMAN FLYING SEQUENCE

HAMMOCK: Closed

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

PRINCIPLES: Fulcrum Point, Plumblines, Momentum & Timing, Economy of Motion

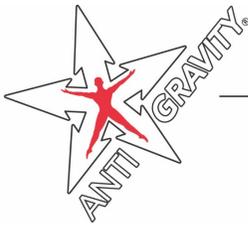
PROGRESSIONS:

1. Right Angle T, Swoosh swings
 - a. Come into FBW
 - b. Maintain hip crease tension come to Right Angle T
 - c. Giraffe (slide hands up)
 - d. Swoosh swings, Finish at front tension
 - e. Rest Stop
2. Swoosh/Cannonball swings
 - a. Giraffe
 - b. Swoosh swing back and forth one time
 - c. Collapse to tuck on back swing (cannonball), maintain grip
 - d. Slide hands up and lift chest on front swing (Swoosh)
 - e. Repeat
 - f. Rest Stop
3. R. Angle T/ Cannonball swings
 - a. Right Angle T
 - b. Collapse to tuck on back swing (Cannonball)
 - c. Stop at Right Angle T on front swing
 - d. Repeat
 - e. Rest Stop
4. Cannonball/Mission Impossible free swings
 - a. Right Angle T
 - b. Collapse to Cannonball on backswing (grab knees)
 - c. Lift head, chest, legs simultaneously on the front swing
 - d. Collapse to Cannonball on backswing
 - e. Lift head, chest, legs simultaneously on the front swing
 - f. Mission Impossible swings
 - g. Rest Stop
5. IRONMAN (no handed swoosh)
 - a. Right angle T
 - b. Lift feet, legs, and chest, arms (reaching back) simultaneously
 - c. IRONMAN Swings (leg / arm variations)
 - d. When finished, feet to floor on front swing

SPOT (from side) Back side spot: hands apply downward tension on upper legs to keep them from lifting up and thru the front side. Front side spot: hand lifts shoulders to find fulcrum.

CRUCIAL CUE: If you lose your Fulcrum Point collapse to Cannonball.

MODIFICATION NOTE: Practice Fulcrum Point lifts under plumblines without swing



CAPTAIN MARVEL FLYING SEQUENCE

HAMMOCK: Open

GWT: Half Booty Wrap / Front Belt, Criss Cross (opposite side) Reverse Grip

PRINCIPLES: Fulcrum Point, Momentum & Timing, Tension vs Slack, Economy of Motion

SEQUENCE:

1. Mount: Facing back, from Open Hammock Pouch, holding Basic Grip, lean back to adjust and sit upright on Front Edge (Booty Wrap with Front Edge adjust only).
 - a. Release Basic Grip and notice the criss cross in front of you. Bring arms to a T, turn palms facing back
 - b. Right hand reaches around the front to grab opposite side in Reverse Grip.
 - c. Left hand comes behind the hammock to grab opposite side in Reverse Grip.
 - d. Criss Cross Reverse Grip should be on opposite sides just **above** the cross.
 - e. Use your toes against the floor to turn your body 180 degrees to the left.
 - f. Pull arms wide and notice the cross. Peek-a-Boo Pike Lat Tugs (drill)
 - g. Lean back, pull arms wide and reach hips up so legs come through the center, placing hammock **in the hip crease**.
 - h. Raggedy Mandy. Let go, hang out and allow the hammock to sink into the hip crease. Adjust Front Belt Wrap if needed.
2. Reverse Grip: Hands slide up and body lifts to High Swoosh. (optional)
3. Repeat Raggedy Mandy to High Swoosh (variation)
4. Release hands and lift body, coming into Captain Marvel Pose.
5. Arms and legs variations
6. Re Grip hammock at waist, roll down through Raggedy Mandy for Marvelous Roll Out
7. Dismount: As you $\frac{1}{2}$ spin back to front, bring your feet to floor.
 - a. Holding hammock with one hand, pirouette (step cross turn) in same direction as momentum and hit a powerful pose.

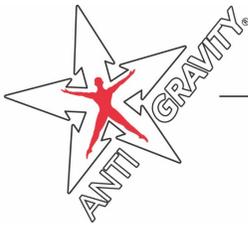
SPOT: In: Help get hips over shoulders and legs up through by pressing hand against sacrum and push down on legs once through center. **Out:** Remind them: Chin to chest, Curl spine, do not let go.

SCAN: Hammock placement even on hip crease

CAPTAIN MARVEL FLIP (variation): With arms in T, press chin to chest and flex (curl) spine. Reach behind to grab hammock as you drive heels quickly through center to latch onto front side, finish in Pouch.

CUE: Remember to grab sides of hammock with hands as you tuck flip forward.

PRECAUTION: Do Not Do the Captain Marvel Flip slowly in a lay out position. You need momentum to catch the front edge.



STARFIRE WALKOVER (low)

HAMMOCK: Closed

GWT: Single Arch Wrap, Basic Grip (varying heights)

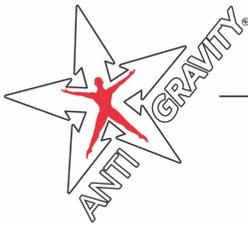
PRINCIPLES: Monitor Resistance, Trust, Plumblines, Economy of Motion

REMEMBER: Rule of Thumb: Always maintain contact with the AG Hammock

SEQUENCE:

1. Hamstring Stretch (on plumblines)
 - a. Holding Basic Grip at head height, place one foot into hammock in Arch Wrap and straighten leg to horizontal. Pull tension with hands and stretch hamstring with flexed foot keeping one foot on floor.
2. Luge Pose (on plumblines)
 - a. Maintaining Basic Grip, slide hands up to head height, maintaining tension in hammock between foot and hands, press hips high and straighten body to horizontal, bringing free leg up and “kiss” ankles. Head stays forward with chin on chest. Hold.
 - b. Flex spine (chin to chest) and bring free leg back to floor on plumblines. Allow knee on flying leg to bend.
3. StarFire Pose (on plumblines)
 - a. Maintaining Basic Grip at head height, and maintaining tension in hammock between foot and hands, press hips high, arch back and bring free knee up to high march (toe to opposite knee). Head looks backwards towards floor. Hold.
 - b. Flex spine (chin to chest) to bring free leg back to floor on plumblines. Allow knee on flying leg to bend.
4. Starfire Walkover
 - a. Lower Basic Grip to shoulder height. Come into Starfire pose looking back at floor. Extend free leg to the floor allowing hips to pass through center while keeping legs split.
 - b. As soon as the foot touches the floor, release grip from hammock* and allow other leg to come down to lunge to protect shoulders.
 - c. Finish in a powerful standing pose.

***NOTE:** For tight shoulders it is especially important to time the release of hammock upon landing



HIGH STARFIRE WALKOVER

HAMMOCK: Closed

GWT: Double Arch Wrap Stand, Basic Grip (at waist)

PRINCIPLES: Monitor Resistance, Trust, Plumblines, Fulcrum Point, Economy of Motion

REMEMBER: Rule of Thumb: Always maintain contact with the AG Hammock

SEQUENCE:

1. Step Up
 - a. Standing just behind hammock on plumbline in Basic Grip High, place one foot into Arch Wrap on hammock. Tug Up drill to avoid swing when stepping up.
 - b. Pull and Step up to One Legged Stand.
2. Adjust Basic Grip down to hip height
3. Hips over Shoulders: Lift knee to chest and look backwards to floor to bring hips over shoulders while maintaining tension between foot wrap and hand grip.
4. Pose: Starfire
5. Landing: Extend bent knee to floor keeping legs in a split and control the landing, in a lunge.
6. As soon as first foot touches the floor, release the hammock to protect the shoulders*
7. Finish in a powerful pose.

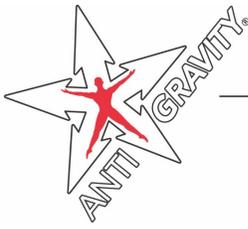
DRILL: Test Grip with straight arm hold for 3 seconds. Train “Hips over Shoulders”, and “Trajectory Awareness” with Pouch Back Flip.

SPOT: Standing to the side, one hand at sacrum (comfort spot) as hips come over shoulders. Use the other arm to slow the momentum on the down by supporting waist (seatbelt), allowing feet to come to floor.

STRETCH: Always do a Ski Jumper shoulder opener beforehand.

GRIP PLACEMENT: Hands must be at Fulcrum Point aka Thigh Bones (greater trochanter of femur), no higher.

***NOTE:** Not for students with super stiff shoulders. For tight shoulders it is especially important to time the release of hammock upon landing



TRACTION CHAIR RECOVERY SEQUENCE

This sequence can be used for either class set up or as a recovery sequence after inversions.

HAMMOCK: Closed

GWT: Back Wrap on Plumline, Basic Grip

CUE: Glue feet to plumline, heels to floor, knees together

SCAN: BackWrap around scapula, not in armpits

FOR RECOVERY

1. Back Lean (hips up) “squeeze”
2. Back Pike (hips back) “pull”
3. Chair “relax”
4. Back Pike “pull”
5. Repeat
6. Suspension Bridge

VARIATIONS/MODIFICATIONS

- Behind plumline
- In front of plumline (modification for knee flexion challenged)

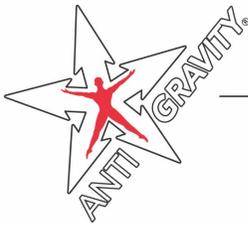
FOR CLASS SET UP

1. The sequence (1-4 above) can be used to set up class during intro or while accommodating late-comers.
2. Establish movement pattern to super slow counts. No music.
3. Give movement cues (squeeze butt, drop hips, glue the feet)
4. Get students accustomed to following your verbal directions by correcting alignment.
5. Once they have the pattern ask them to continue as you give INTRO and share theory.

Cue/Introduce: Trust, Monitor Resistance, Plumline, Tension vs Slack, Weight Distribution, Momentum and Timing, Resistance vs Flow, Economy of Motion, Presence

BENEFITS

- Spinal Traction
- Knee Mobility
- Deep Core
- Kinesthetic Awareness



TWIST- WRIST STRETCH

HAMMOCK: In front

GWT: Upward Roll from in front / Unity Interlock Clasp

PLUMBLINE Start on plumbline walk to back tension

GRIP SET UP: Unity Interlock Clasp Low (Crossed Wrists, Fingers interlocked)

1. Standing behind hammock, reach arms through to front side, hanging low
2. Bring backs of hands touching below
3. Cross Wrists (one side in front)
4. Clap to make palms touch (Unity clasp below)
5. Lace fingers for Interlock Grip (Unity Interlock clasp below)

SEQUENCE:

1. Walk to back tension, latching wrists
2. Slow Ravel: upward roll, maintaining tension, adjusting plumbline, pull hands toward heart
3. Reach hands away from heart and pull elbows in
4. Slow Unravel: return to below, Single Wrist Tugs halfway down
5. Repeat other side (optional)
6. Release