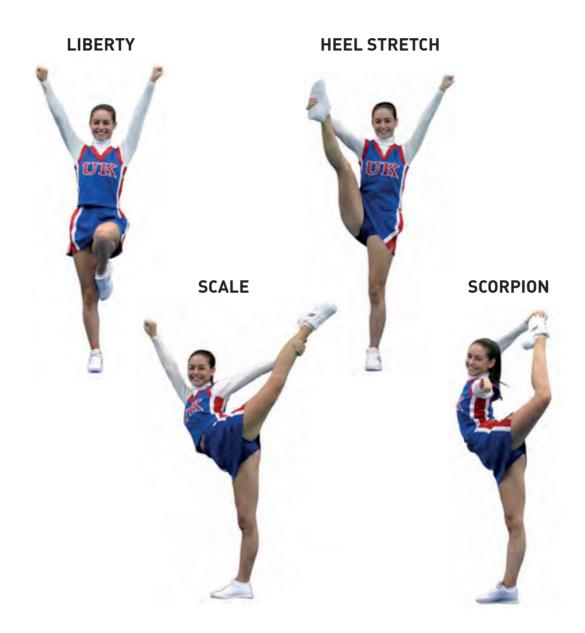
ADDITIONAL FLYER POSITIONS





Work on these alternative Flyer positions to use within your stunts. This will add variety to your stunts and choreography.

Ensure these positions are taught and mastered using the proper progression:

- 1. On the floor
- 2. On a bench (stable base)

3. On a Base (potentially unstable base - execute at a low level before progressing higher).

To achieve these positions Flyers will need to work on:

- Flexibility
- Balance
- Strength