

# ADDITIONAL FLYER POSITIONS

**LIBERTY**



**HEEL STRETCH**



**SCALE**



**SCORPION**



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