



Lesson Plan SAMPLE

Apparatus: Fabric

Age Group: Adults

Level: Beginner

Class Length: 55 min

Main Topics: Basic Stand (L-sit), Hip Key (knot, from ground), Straddle Inversion on Knot

If time permits, we may cover: Climbing, Inversion Shapes

WARM-UP (15-30 Min)

Topic & Estimated Time	Goals	Specifics
Cardio Ramp Up 3-7 min	Heart Rate Up Blood Flow to Muscles Start to increase ROM	<ul style="list-style-type: none"> - side-to-side jumps with arm circles - wacky jacks - knee pulls with a toe raise - lizard jumps - and more...
Dynamic Stretching 1-3 min	Helping Stiff Joints to Loosen Up - synovial fluid lubrication, increased ROM	<ul style="list-style-type: none"> - hip flexor and hamstrings - rock between the two - leg swings, kicks, laying down and standing up - spine flex & extend & side bend - arm swings
Core Engagement 2-5 min	TA Engagement Oblique Engagement Rectus Abdominus Engagement Hip Flexor Engagement	<ul style="list-style-type: none"> - TA "cough" finding muscle drill - the hundreds, plank variations - side plank, bicycle twists - toe reaches - reverse sit-up - booty lifts (if time) - scissor leg switches (if time)
Grip & Shoulders 3-5 min	Increase blood flow and body awareness to shoulders and grip Fire rotators which will keep the shoulder stabilized in the air injury prevention	<ul style="list-style-type: none"> - finger flicks (overhead, side, etc) - mock pull-ups - rows for shoulder engagements - external rotation side-laying exercise - pec minor release (if time)
Apparatus Warm-Up 3-7 min	Technique Training - Proper Form and Alignment Setting Engagement and recruitment of the proper muscles: (low trap in dead hang, relaxing the lats, etc)	<ul style="list-style-type: none"> - chair sit hang - focus: deep breathing to activate TA - grip focus hanging - swing from side-to-side - shoulder shrugs - incline pull-ups
Skill Review (time varies)	See what students remember from previous classes Assess strength and readiness for today's skill focus	<i>no review because lots of new students!</i>

After warm-up and review, it's time for new skills and concepts...

THE GUT (30-50 Min)

Topic & Estimated Time	Goals	Specifics
Basic Stand ~10+ min	<p>understand foot clamp placement</p> <p>get to L-sit with straight arms, legs</p> <p>arrive at basic stand -- understand that while grip gets you there, legs and core hold you there</p> <p><i>may progress to climbing</i></p>	<ul style="list-style-type: none"> - use resistance bands to let everyone practice the correct direction of wrapping and stepping on the band - sit and rock with foot clamp on ground - basic stand on fabric with heel on the ground <ul style="list-style-type: none"> - hold on with straight arms, swing around - discuss L-sit, getting into the position with straight arms, swing around in L-sit - discuss L-sit to stand - practice both sides
Hip Key ~ 7 min	<p>hip key on the knot</p> <p>hip key wrap from the ground</p>	<ul style="list-style-type: none"> - make a knot, students place thigh on knot, fold-over (spot at hips if necessary) - practice both sides - with everyone on their own silk, talk through how to wrap from the ground - divide and each ground tries each side
Inverted Straddle on the Knot ~ 10+ min	<p>understand "froggie" terminology</p> <p>understand to place legs on the outside when inverting</p> <p>learn how to adjust hips</p> <p>hang in hooked froggie and release the arms</p> <p><i>may enter shapes such as straddle, pigeon stag, etc.</i></p>	<ul style="list-style-type: none"> - froggie rocks on the ground - froggie half-invert on knot - just to get feet on silk, not tilting upper-body back yet <p><i>spot one at a time "permission-first" line:</i></p> <ul style="list-style-type: none"> - straighten legs, adjust hips, hook legs, release hands - repeat a few times, maybe adding poses - on other fabrics down, review hip key and basic stand as I spot students individually

CONDITIONING (2-3 min):

- apparatus: incline pull-ups
- ground: hold a plank for 1 minute

COOL-DOWN (4-5 min):

- grip stretch, release - pull fingers back one at a time, massage forearms
- shoulders - round opposite shoulder away from hip to target low traps
- lay on foam roller, let shoulders relax open