

Strength and Conditioning: *what's important and why it's important*

Saturday, April 9, 2022

@ Q Space Berlin

11-15:00

€45

Being an aerialist requires being strong! But is training on your apparatus alone enough? Short answer: no.

In this workshop we will look at the why and how and what when it comes to getting stronger as an aerialist. We will look closely at all the muscle groups involved, their exact functions and how to target them precisely for gaining strength and endurance.

This workshop is suitable for aerialists working on all apparatuses.

Absolute beginners are also encouraged to join!

Teachers: Sarah Goody and Liz Williams

"Aerial In-depth" is a monthly workshop series brought to you by Seil ist Geil and Q-Space