

Workouts for Aerialists
Cross Train at Home or at the Gym



Karlene Linxweiler
Aerial Yoga Girl
Kama Fitness, LLC

Kama Fitness, LLC 2018



All Rights Reserved.

No part of this publication may be reproduced, stored, or transmitted in any way or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Karlene Linxweiler.

Copyright ©2018 Kama Fitness, LLC

Purchase or use of this document constitutes agreement that all involved in the making of this manual will not accept responsibility for injury to any degree, including death, to any person as a result of participation in activities described in this manual. It is recommended that you check with your doctor or healthcare provider before commencing any exercise. By purchasing and use of this manual, you are making an agreement that you understand the risks involved and have investigated the risks involved.

DISCLAIMER: This booklet is meant to be a guideline for a healthy lifestyle. This is by no means intended to replace the advice of a medical professional. Please approach all nutrition and fitness recommendations with caution and consult a licensed professional when in doubt. By purchasing this book and using this information, you agree to not hold Karlene Linxweiler or Kama Fitness LLC liable for any use or misuse of the information given.

About the Author

Almost a decade ago I remember watching my first Cirque du Soleil show, and being captivated by the woman dancing in the air on crimson red silks. At the time, I was a High School History teacher by day and Pilates and Yoga Instructor at night, working on my certifications in Nutrition and Personal Training. At 23 years old I never thought I would one day be able to take my own fitness in the air like this beautiful Cirque du Soleil performer, let alone run a studio centered around this beautiful art. The strength, beauty, coordination, and flexibility that comes together in aerial has become a passion I have fused with other fitness areas, including Yoga, Dance, and Pilates.

With the advent of aerial fitness popping up around the world, I wanted to create a program rooted in proper training, nutrition, conditioning, and injury prevention. Kama Fitness studio and Kama Fit TV were born as a result of this need, along with our teacher training for Aerial Yoga and online eBooks.

It is my hope that these resources will serve as guides for aspiring aerialists out there who wish to have a full spectrum of health and wellness.

Be Well, Karlene Linxweiler (Aerial Yoga Girl)



Introduction

Use this book to supplement your aerial fitness program. You may need to modify exercises in order to stay safe and to complement your lifestyle. If there are any moves or technique you are unsure of, please consult a trained professional in your area to avoid injury. Never work through fatigue, pain, or strain. Be patient with your body, and keep in mind that Nutrition is also very important. You can access my full Nutrition guidelines for Aerialists in our accompanying eBook – Nutrition for Aerialists.

Conditioning, Foam Rolling, and Flexibility videos can also be found on our main site, [Kama FitTV.com](http://KamaFitTV.com)

Let's Get Moving

Getting your body moving is an important piece of living a balanced life. Far too often, I see many people abuse their bodies with too much exercise, using it as a form of punishment rather than an activity that is enjoyable or joyful.

I created the studio Kama Fitness with the intention of helping people find a workout that is both fun and effective. The word "Kama" is a Sanskrit (ancient Indian language, commonly used in Yoga) term that loosely translates into "enjoyment from physical activity." This activity can be anything you use your body to achieve, including gardening, cooking, running, swimming, and dancing. In order to have a healthy balance in your life, seek out an exercise program that compliments your personality and likes. View your choice of movement as an opportunity to experience your strength, your flexibility, and your coordination in fun, new, and challenging ways.

Take a moment to reflect on all the ways you move right now. What does your current workout routine look like? Be honest- do you like it? Do you LOVE it? If not, what do you not like? Then ask yourself, "If you don't like it, then why do you do it?" If the answer is some form of punishment, meaning your initial response is along the lines of "because I should," then you have some elimination to do.

Now, make a list of all the workouts you have ever done that you enjoyed or still enjoy. Put hearts next to them, or stars. Next, make a list of workouts that you have

always wanted to try, but haven't yet. It can be a trampoline class, a gymnastics lesson, ballet, football, square dancing, horseback riding, you name it!

Your next assignment should be pretty obvious – go out and do one of these enjoyable movement activities at least once a week. Seriously – stop punishing yourself and enjoy your workout!

Fitness

Your fitness program should be built around your lifestyle. When it comes to fitness and nutrition, there is no "one size fits all." This is why most people seek our nutritionists and personal trainers. Your genetics, activity level, work, stress levels, age, and so much more will affect your routine and what the best plan can be. That being said, this next section is a generalization of guidelines that will hopefully guide you to creating a well-rounded plan that will give you a healthier and informed outlook on creating your own program.

Time

Choose the best time to work out for you – morning, lunch break, afternoon, or evening. Try to choose 3 to 4 days a week to fit your workouts in, knowing you can commit to these times on a regular basis. Consider when you work, sleep, and eat. What time of the day would work best around your schedule? You will need to consider your mood – are you a morning person, or do you have more energy mid-afternoon or at night? This will help you succeed in sticking to a workout program that won't make you feel depleted.

Balance

If you need some guidance with creating your own consistent workout routine, you can begin by choosing three to four days a week to workout. On each day, dedicate an hour or so to a body group. From my background in personal training, it is best to have your week divided as follows:

The workouts you do will need to be logical in WHAT you do when you work out. Ideally, your fitness routine should be broken down into major muscle groups.

1. Biceps and Back (pulling muscles)
2. Triceps and Chest (pushing muscles)
3. Legs and Glutes

4. Abs (optional day)

Abdominals are a muscle group that can easily be worked in to every workout. This means you could spend 3 days weight training, and on each of those day you incorporate 1 to 2 abdominal exercises.

Cardio

Along with weight training, cardiovascular movement should be incorporated to maintain a healthy heart, endurance, and overall cardio-respiratory health. Cardio also can help burn more fat, but it will also burn muscle. This is why cardio should be kept between 15-30 minutes maximum. Cardio can be broken up into interval routines that will challenge you and keep your body "guessing" for optimal fat burn and efficiency. Your cardio routine can be grouped into these three kinds of formats:

- Steady state cardio (jog/run for 20-30 minutes)
- High intensity Interval Sprints (sprint for 30 seconds, stop or walk for 30 seconds – repeat 15 to 20 times)
- Resist and Run (run/stair climb for 5 minutes , then weight train for 5-10 minutes – repeat)

Workouts

These exercises can be modified to fit your lifestyle and gym access. The workouts listed here are intended to help you with overall musculature, with a primary focus on aerial training. For efficiency, these workouts are intended to only take up to 45 minutes maximum.

Day One

- Steady state cardio – 20-30 minutes jog (heart rate between 130 to 145bpm)
- Biceps and Back (3 sets of 10 reps for each exercise)
 - Dumbbell Curls
 - Lat Pulldowns
 - Cable Curls
 - Seated Rows
- Abs
 - Hanging Leg Lifts
 - Hanging Knee Tucks

Day Two

- High intensity Interval Sprints (sprint for 30 seconds, stop or walk for 30 seconds – repeat 15 to 20 times)
- Triceps and Chest (3 sets of 10 reps for each exercise)
 - Lying Chest Press
 - Triceps Push Ups
 - Seated Chest Flies
 - Cable Triceps Press
- Abs
 - Bicycles
 - Stability Ball Crunches

Day Three

- Resist and Run (run/stair climb for 5 minutes , then weight train for 5-10 minutes – repeat)
- Legs and Glutes (4 sets of 10 reps for each exercise)
 - Weighted Squats
 - Weight Lunges
 - Deadlift Twists
 - Single Leg Deadlifts
 - Walking Lunges (optional)

At Home Workout

If you don't have access to a gym, there are a variety of exercises you can do from home with little equipment. Investing in a couple of dumbbells or kettlebells, yoga mat, floor gliders, stability ball, and a pull up bar (not required, but pretty cool) will give you exactly what you need to work out from home.

Best exercises to do from home with little to no equipment:

- Planks
- Down Dogs to Planks
- Wide Arm Push Ups
- Triceps Push Ups
- Bicycle Abs

- Leg Lifts / Reverse Crunches
- Walking Lunges
- Arnold Presses
- Kettlebell Swings
- Squats
- Single Leg Deadlifts
- Split Squats
- Standing Oblique Crunches
- Deadlift Twists

Get Heavy

When it comes to how much weight you should use when you work out – it totally depends on your threshold. A good rule of thumb is to push about 5 lbs under your normal weight for your first set. Then, your next 2 to 3 sets should be enough weight that you feel you CAN DO the last two reps, but it is a struggle.

For example, say you are doing Biceps Curls. You know 15 pounds is moderately difficult, but 20 pounds is challenging enough that you feel a "burn" when you get to the last 2 reps. Not impossible, but definitely a bit of a struggle. If this is the case, your first set you should curl 15 pounds for 10 reps. Then, grab the 20 pounds for your next two sets. If you have a hard time getting to 10 reps, aim for 8, and see if you can safely finish the last two with good form. These last two are where muscle growth occurs – you need to safely challenge yourself, or you won't reap the benefits of weight training. Staying in your "safe zone" of weights or cardio that is "easy" and "do-able" will not challenge your muscles to grow.

Switch It Up

In addition to challenging your body with heavier weight, you will also need to keep in mind that your body is good at adapting. This will mean that when you start a new workout routine, your body will be sore, and you will see changes. But, if you keep doing the same routine, your body will have diminishing returns because it is adapting to the workouts. What this means for you is that you will need to switch up your routine in order to "trick" your body and keep it guessing.

Switching up your workout can be as simple as going heavier in weight, changing the order of your exercises, doing more sets or reps, or adding cardio bursts between strength sets. It can also be completely changing your exercises – switching out from bench press to bench flies, or walking lunges for spit squats. It is wise to change your workout routine every 4-6 weeks.

Let's Get Flexible

Most people desire not just strength but flexibility as well. You may have noticed that when you were younger, you were much more flexible and as you become older, your body began to tighten, much like your mind. "Much like a plant that is tender and supple when young and becomes hard, dry, and woody with age," states yogi Erich Schiffman in his famous book, *Moving into Stillness*, is why yoga becomes a wonderful practice to loosen and stretch both our mind and our bodies.

In order to achieve flexibility safely to improve circulation in your body and promote better health, we want to encourage an injury-preventative method of foam rolling or yoga before a workout, then gentle, dynamic pulsing stretches following your workout. According to Erich Schiffman, "The more flexible you are, the harder it is for pain to lodge in your body. Pain and tension are forms of blocked, stuck, misplaced, and misused energy. Being more flexible opens these energy blockages and frees your circulation."

My personal routine for flexibility and injury prevention is to drink plenty of water from the moment I get up, to bedtime. Once awake, drink 8 ounces of water. If you can spare ten minutes, play some positive tunes or affirmation podcast to listen to while you foam roll the entire body. If you need help with your Foam Rolling routine, check out my [10 minute foam rolling tutorial on YouTube Here.](#)

Begin with your feet, then move up the legs, hips, back, and shoulders. Gentle yoga Sun Salutations or aerial yoga are also a wonderful way to start your day on a positive note, get blood flowing, and flush out toxins and soreness in your fascia and muscles.

Drink water throughout your day, especially before, during, and after your workout. When your workout is complete, take 5-10 minutes to optimize your flexibility window. With muscles warmed up, you can begin to breathe into deeper stretches. Pulse each stretch for eight counts, then inhale deeply. As you exhale, slide into the stretch a half inch or inch deeper. Repeat two more times before moving on to the next muscle group.

Begin your flexibility stretches in Straddle – Find your "sweet spot" or "Goldilock's Spot" of not too much, and not too little of a stretch – it should be "just right." In

straddle, pulse through the center, then the left and the right side. Following this, you may go into your frog legs, splits, and forward folds. Finally, end with a chest opening back bend where you will NOT pulse, but passively stretch using blocks, bolsters, or pillows. Check out this helpful video on [improving flexibility through the use of blocks on YouTube Here.](#)



Getting Personal

Let's be honest – your time of the month is a huge factor in how you feel and how you eat. Being aware of your cycle can be a great way to tune into your diet and exercise habits and make it easier to manage your health. There are plenty of free apps available that can help you track your menstrual cycle. This information can be empowering in terms of understanding how you are feeling.

The two weeks following the start of your period your ESTROGEN begins to rise until you hit ovulation. This is the time when you will feel your most energetic, your fat burning and muscle growth will increase, and your appetite will be regulated. Once ovulation hits, the next two weeks will see PROGESTERONE rise. This hormone will have you feeling slower, give you an increased appetite, and cause your body to store more fat.

Being aware of your cycle and how it affects your workouts and appetite can be empowering. I recommend tracking your cycle, and being aware of how the time of the month affects your performance.

