The PoleStrong Academy:

Handsprings 10:True Grip

Course Syllabus

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| Instructor *Frances (Ann) Daino*  ***Body by Fran Training*** Email *fran@bodybyfrantraining.com* Virtual Office Hours *Available M-F*  *10am – 5pm EST* | Course Overview This comprehensive course is designed to take you from handspring novice to confident practitioner. The timeline given is only a suggestion. This course should be scheduled around other trainings, including weight training and all other aerial work. Course Materials  * A computer or other digital device * A pole, yoga blocks, a yoga mat, and a small dumbbell. Large resistance bands helpful but not necessary.  Resources All videos provided have the information needed to run this course. Always begin with the warm-up video before starting your course work. If you have any questions, please feel free to reach out to me via the email above.  Suggested course timeline shown below. \**This is only a suggestion*. |

# Course Schedule

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| Week | Conditioning | Timetable |
| Week 1 | Targeted Warm-up and Staples  True Grip Conditioning | To start each session  Twice |
| Week 2 | Targeted Warm-up and Staples  True Grip Conditioning  True Grip Technique | To start each session  Once  Once |
| Week 3 | Targeted Warm-up and Staples  True Grip Conditioning  True Grip Technique | To start each session  Twice  Twice |
| Week 4 | Targeted Warm-up and Staples  True Grip Conditioning  True Grip Technique | To start each session  Twice  Twice |

# Additional Information

*\*Please consult a physician before starting this, or any other, exercise program. The information provided in this course is for educational purposes only.*