



Lyra Syllabus

All Levels

Warm-up & Conditioning

Full-body warm-up should address all major muscle groups. Aerial-specific conditioning includes arms, shoulders, back & core: planks with variations (walking in and out, rocking, one arm, etc), downward dog with variations (3 legged dog, shoulder shrugs, bear walks), abdominal exercises, hollow body technique (plank, V-sit, standing and hanging), theraband exercises for stretching AND strengthening.

Terminology

Spin
Orbit
Roll

Lyra I

Fundamentals

Maintain hollow body position
Consistent & proper grip
Knee Hang (bottom and top bar)
Arm beats
Leg beats
Single Knee Hang (one hand on bar or hands on the floor OK)
Hip balance
Straddle back
Pike mount
Side Mount

Skills

Man in the Moon
Lady in the Moon
Bird in a cage
Bird's Nest

Side Layout
Mermaid
Arabesque
Candlestick
Angel Up/Down
Air Split
½ & Full Amazon
Dragonfly
Wine Glass
Coffin
Gazelle

Lyra II

Fundamentals

Spin variations: fouette (bent knee vs. Straddle), flares
Add spin to sequences of level I material
Single knee hang – no hands
Leg beat variations
Body beats
Pull-Over
Single Arm Hang
Back balance
Straight leg beat to pike

Skills

Ankle Hang / Running Man
Skin the Cat (reverse plank)
½ Russian
Mill Circles
Hip Circles front & back
Meat hook
Lever split
Passe layout on top bar (Orbit)
Horizontal Split
Clock split
Pin Split
Vertical split

Lion split

Transitions

Bird in a cage – roll to outside lion

Gazelle to hip hang

Back balance to front balance

Tetris (reverse roll to knees on lower bar, force out, continue roll to Russian split)

Pike beat through the bar

Inverted Man in the Moon

Pike pop-through

Skin the cat – single arm release

Back exit from hip balance

Avalanche - Knee hang drop to hip-hang

Lyra III

Croc

Elbow circles

Hip balance on top bar – forward toll to hang

Pike beat to hip hang

Front/back plank

Toe Hang

Neck Hang

Straddle Back or Back balance to knee hang