



FLYER
ASSESSMENT
BODY POSITIONS

26 - 27

FLYER ASSESSMENT BODY POSITIONS

- **LIBS**
- **HEEL STRETCHES**
- **OVERSTRETCHES**
- **ARABESQUES**
- **LEFT SCALE**
- **LEFT KICK SCORP / NEEDLE**

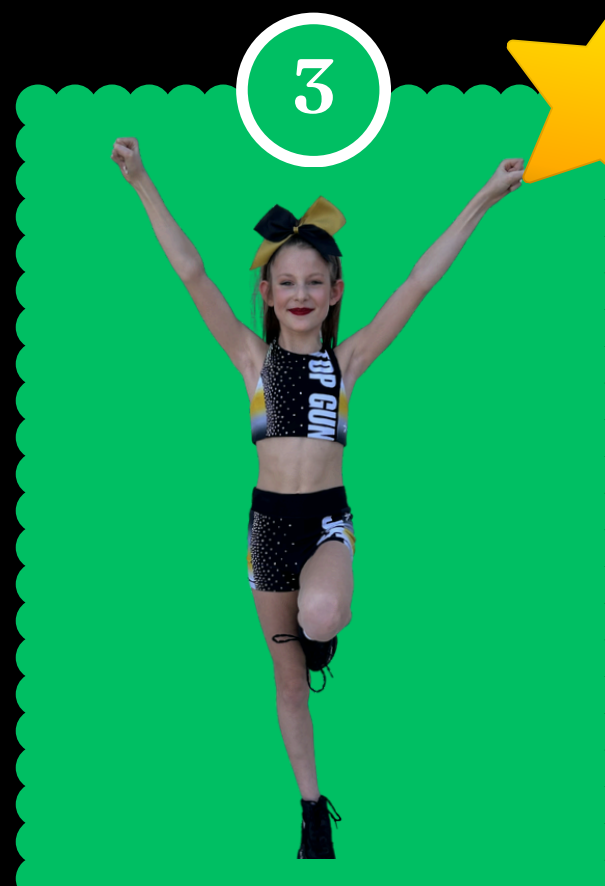
LIB



BEGINNER



INTERMEDIATE



ADVANCED

Tips:

Foot pointed against leg. Stand tall. Lock knee.



HEEL STRETCH

1



BEGINNER

2



INTERMEDIATE

3



ADVANCED

Tips:

Legs locked. Foot pulled to face. Hips under.



OVER STRETCH

1



BEGINNER

2



INTERMEDIATE

3



ADVANCED

Tips:

Grip middle of foot. Hips push forward. Foot by ear.



ARABESQUE

1



BEGINNER

2



INTERMEDIATE

3



ADVANCED

Tips:

Chest up. Leg lifted. Toe pointed.



SCALE

1



BEGINNER

2



INTERMEDIATE

3



ADVANCED

Tips:

Hand on hip. Leg by head. Toe pointed.



SCORPION

1



BEGINNER

2



INTERMEDIATE

3



ADVANCED

Tips:

Pull the leg up. Grab on ankle. Point toe.



NEEDLE

1



BEGINNER

2



INTERMEDIATE

3



ADVANCED

Tips:

Get a good back stretch beforehand. Wrap front arm.

