

# FLYER BODY POSITIONS

The most important part of flying is being able to maintain proper lines. This means the flyer must have a strong core, squeeze her hips, pull up through her belly button, and lift through her shoulders. So when watching for body control, the staff at CSE Cheer will make sure that the flyers hips and shoulders stay tight and in line.

Flexibility- When a flyer has poor flexibility, instead of the stunt feeling lighter because everything is lifting up, the stunt feels heavier because the muscles are pulling everything down. The more flexible a flyer is, the easier it is to maintain the ideal line. What the staff at CSE looks for when it comes to body positions, is can the flyer pull each body position and hold them in the correct position for 3 to 5 eight counts. This will show that the flyer has the flexibility required to become a flyer, along with the strength required to hold the body positions.

SCORPION



SCALE



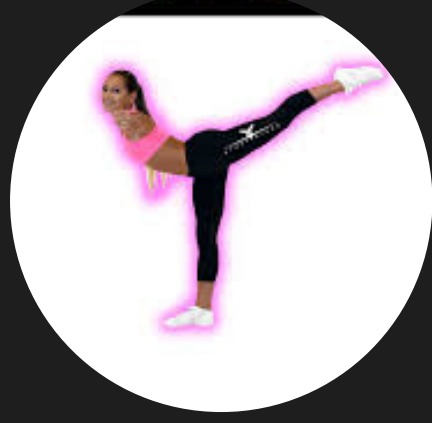
SPIKE



HEEL STRETCH



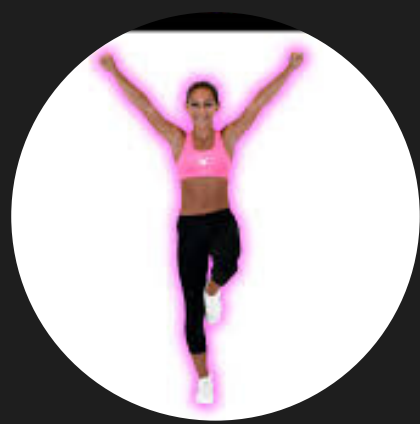
ARABESQUE



BOW AND ARROW



LIBERTY



FRONT STRETCH

