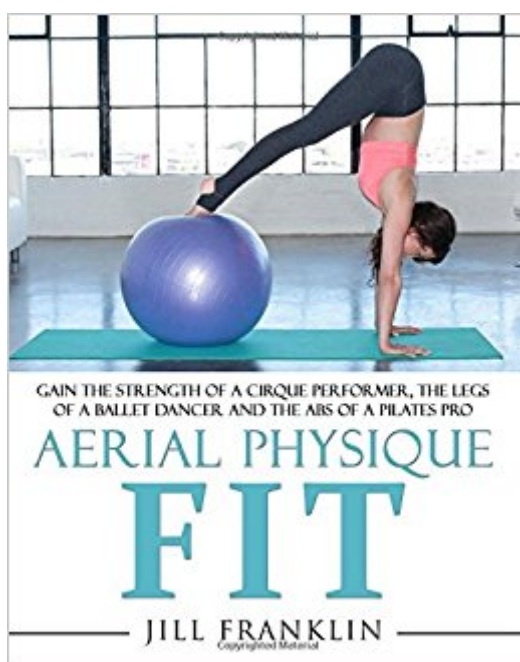


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# Aerial Physique FIT: Gain The Strength Of A Cirque Performer, The Legs Of A Ballet Dancer And The Abs Of A Pilates Pro



## Synopsis

The knowledge, information and images Jill shares with you in this manual will help you acquire the strength of a cirque performer, the legs of a ballet dancer and the abs of a Pilates pro. Inside you will be introduced to proven methods and principles, Pilates based concepts, stretching methods, human anatomy and the necessary fitness equipment to get you the results you seek. All of the exercises can be done at home or in the gym. The chapters reveal more than a decade of Jill's exercises and practices that will challenge you physically and guide you to noticeable improvements in your core, upper and lower body strength and flexibility. Each chapter targets a specific area of the body to achieve amazing balance, toned and lean muscles and overall symmetry when practicing and performing aerial. Join Jill Franklin, aerialist, Pilates pro and yogi as she guides you through your fitness journey. Jill Franklin, the founder of Aerial Physique is a celebrity trainer, author, fashion designer, creator of Aerial Physique TV, performer and entrepreneur. She has a passion for fitness and sharing her knowledge with others. The Aerial Physique studio is located in Los Angeles, California. Workshops and certifiable teacher training programs are available worldwide. To learn more visit: [www.aerialphysique.com](http://www.aerialphysique.com)

## Book Information

Paperback: 158 pages

Publisher: Aerial Physique LLC (January 4, 2017)

Language: English

ISBN-10: 0692822836

ISBN-13: 978-0692822838

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 14.7 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 13 customer reviews

Best Sellers Rank: #264,301 in Books (See Top 100 in Books) #28 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts](#) #37 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates](#)

## Customer Reviews

You can't go wrong with a Jill franklin book!

Jill Franklin's Aerial Physique Empire does not disappoint as expected. The color illustrations make the step by step instructions easy to understand and helps your achieve the correct technique. As

an Aerialist and instructor, aerial arts specific strength training my students and myself take you to the next level. This is what Jill accomplishes in this book. I have both of Jill's previous books "Beginners Guide to Aerial Silk" and "Intermediate Guide to Aerial Silk". This 3rd book is an amazing addition to round out my collection.

I'm an aerial instructor and performer and I love having this as a resource for both myself and my students. This is the next best thing to actually having Jill to train with in person, as it is thoroughly infused with her confident & kind teaching style all the way through. I especially appreciate how clearly Jill explains technique tips to help the reader understand the important components and concepts of each exercise. While this guide is obviously geared toward the aerial performer, it would be a great resource for anyone looking to increase their strength and mobility. Get it! You won't be disappointed.

Aerial requires a unique combination of strength, flexibility, and poise. This book covers a wide variety of exercises catered towards aerialists but useful for all fitness disciplines as well. There are well written and easy to follow instructions and lots of helpful pictures. I also appreciated that the book included pictures of a man demonstrating some of the movements so that the pictures could be relatable to different genders and body types. I'm looking forward to trying out several of the exercises from this book.

True to Jill's teaching style, this book is very methodical and incredibly clear. The instructions for every exercise and the tips are so straightforward that anyone, no matter their fitness level, can follow them and understand how their body is supposed to move and feel. I love it and highly recommend it!

YES!!! The Aerial Industry has needed this type of reference manual! As an Instructor and Performer, always being asked for more tips and home workout moves to improve strength and flexibility! So excited to add this to my current library of Jill Franklin Books!

I chose this book because of my very active daughter. Although she's only 12, her infatuation with fitness is growing more and more. I highly recommend this fitness guide for youth and adults looking to increase strength and flexibility. The information is easy to understand with step by step photos to help guide you through each movement. Mark L.

Perfect!!! Jill Franklin is an excellent choice on the Aerial Silk world!!! This one is my third book of her. Good illustrations and easy to follow!

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The Nature Physique: Easy Breezy Abs: (The #1 Guide on How to Easily Achieve a Six Pack) (Nature Physique Fitness Book 2)  
Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series)  
Pilates and Lifestyle with Foreword by Julian Clary: Pilates (flat abs, help back pain), lose weight, manage stress, quit smoking  
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