

THUNDER CHEER ALL STARS



ENTRENAMIENTO FLYERS EN CASA



**Técnica de todas las posiciones
de FLYER**

**¡Se deben trabajar diariamente
para dominarlas!**

POSICIONES BÁSICAS



LIBERTAD



HEEL STRETCH



ARCO Y FLECHA



ESCORPIÓN

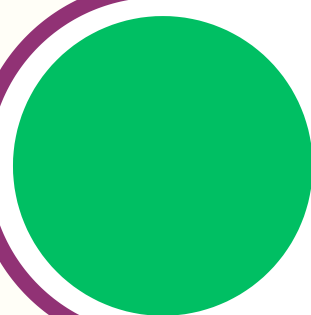


SCALE

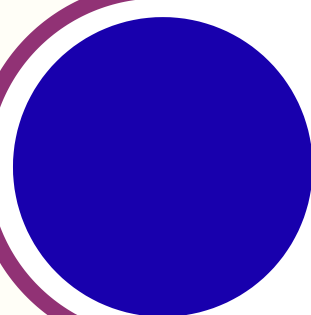


ARABESQUE

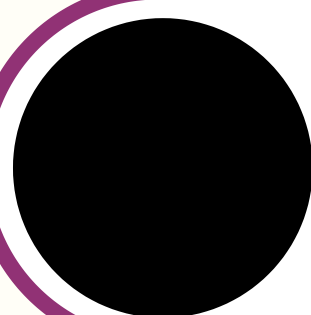
LIBERTAD



**Línea del cuerpo recta
(caderas alineadas)**

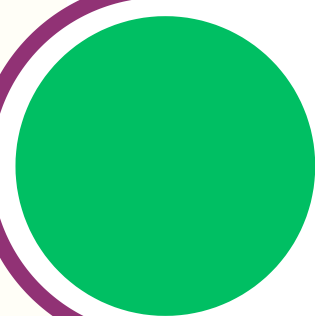
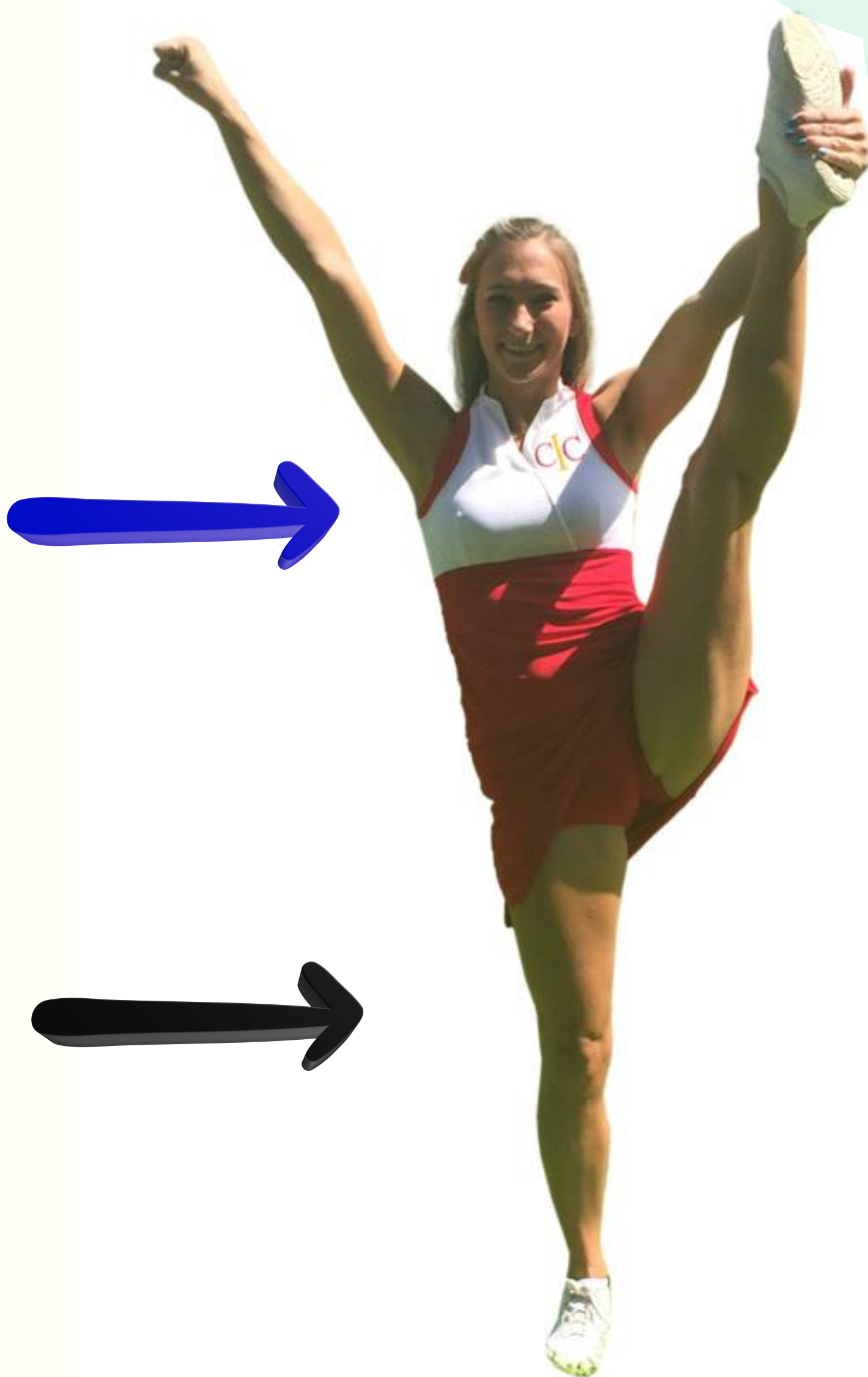


Rodilla extendida

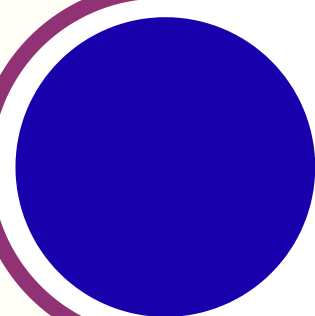


Pie tocando la rodilla

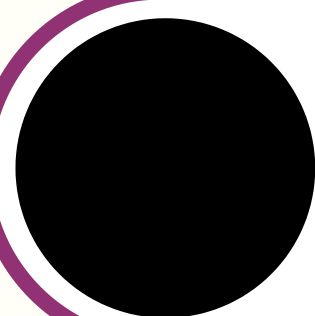
HEEL STRETCH



**Pierna delante
del cuerpo**

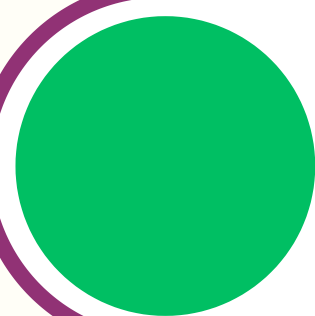
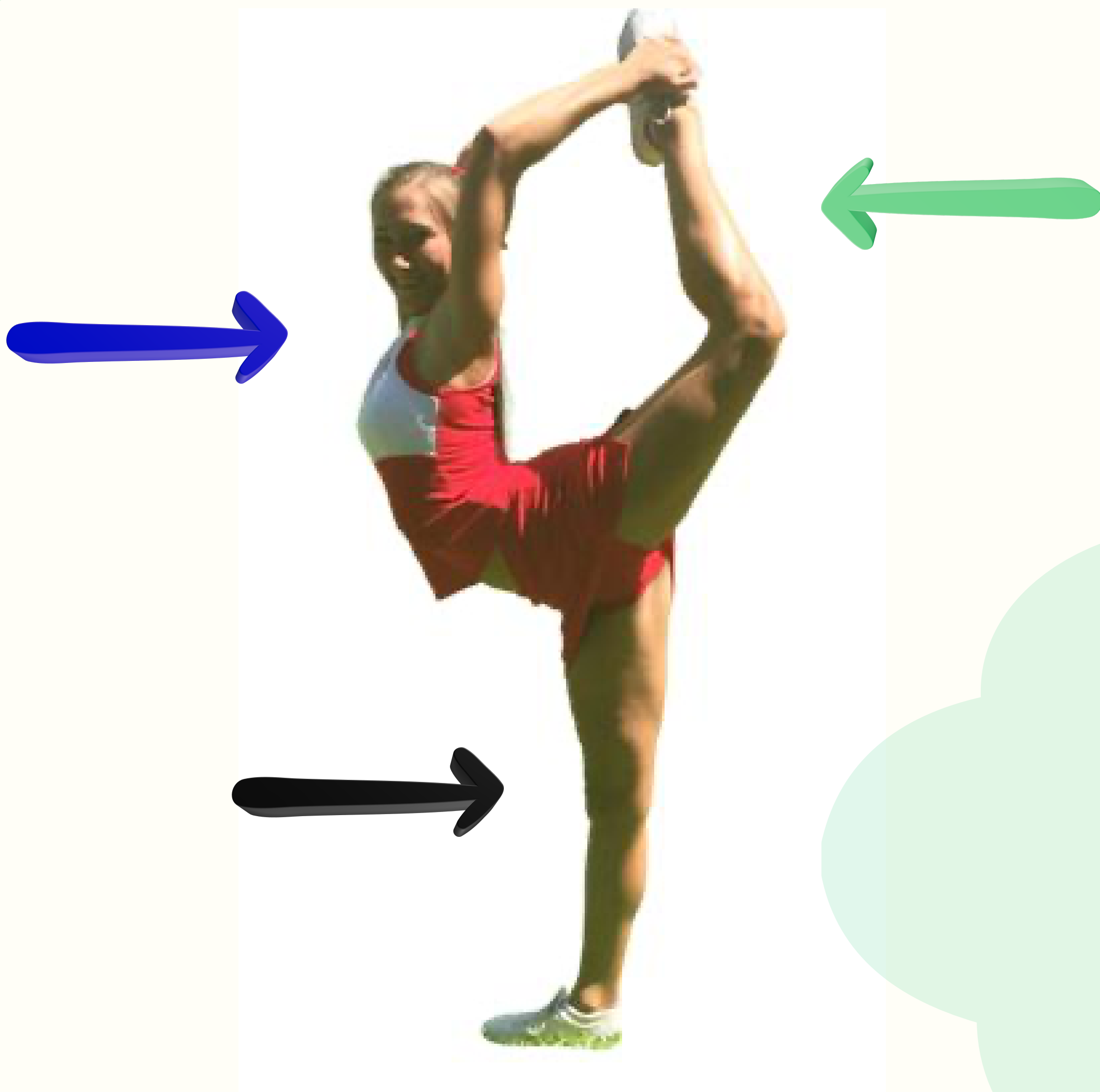


Pecho arriba

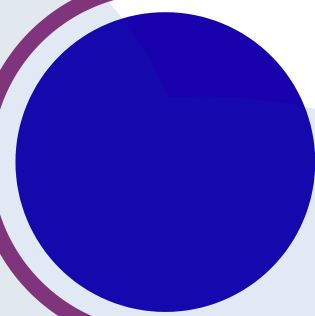


**Ambas rodillas
extendidas**

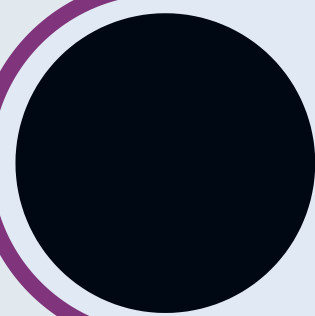
ESCORPIÓN



Extensión de la pierna

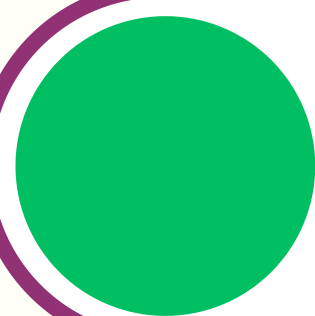
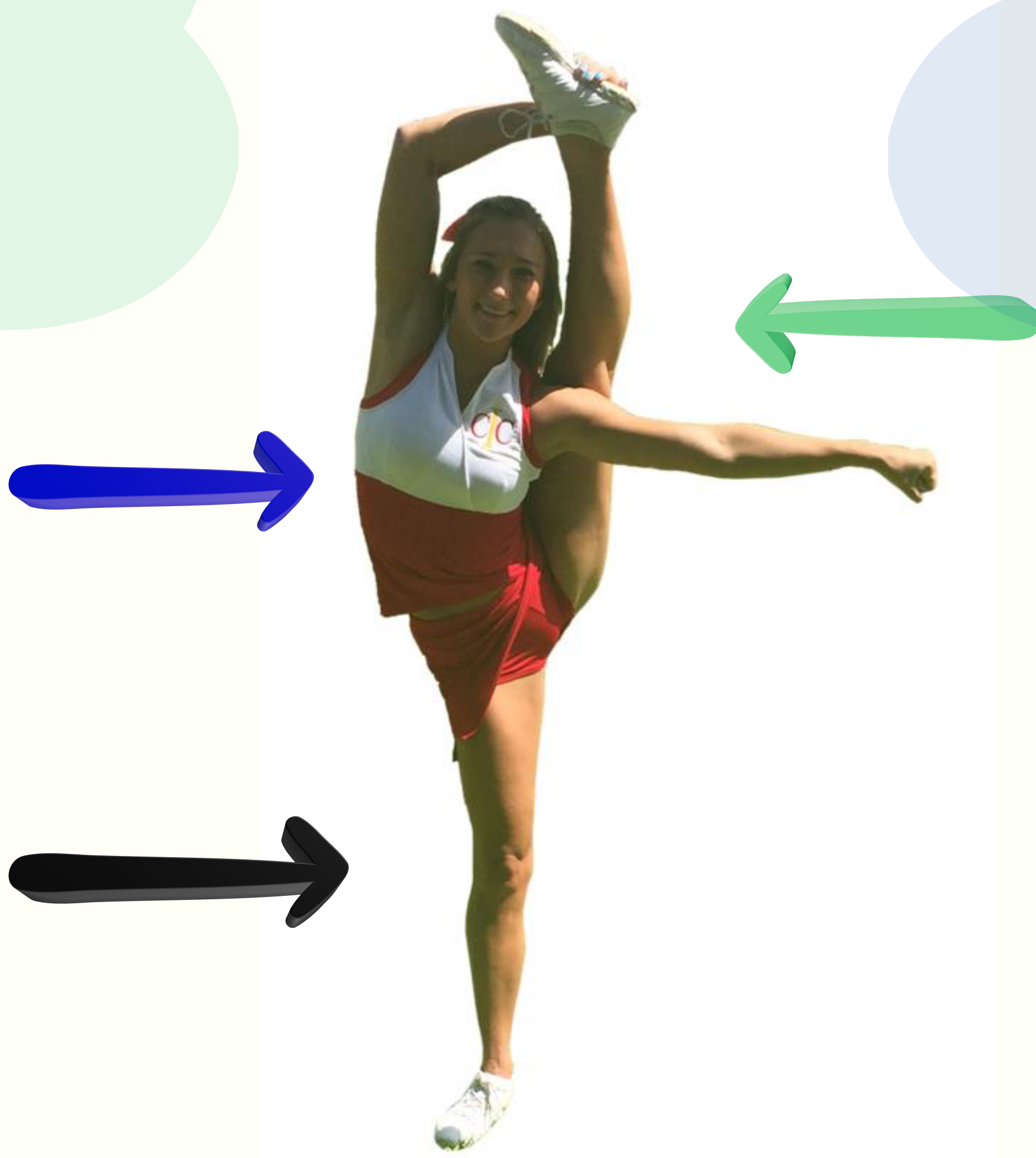


**Hombros cuadrados y
alineados**

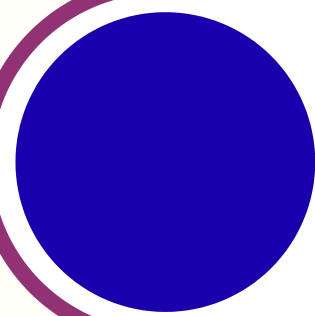


**Rodilla extendida
(si es posible, ambas)**

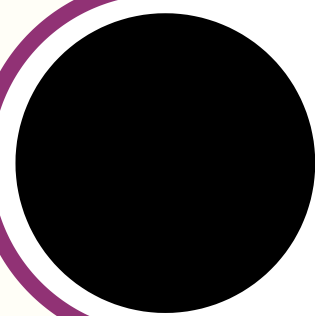
ARCO Y FLECHA



**Pierna detrás del cuerpo
y brazo por delante**

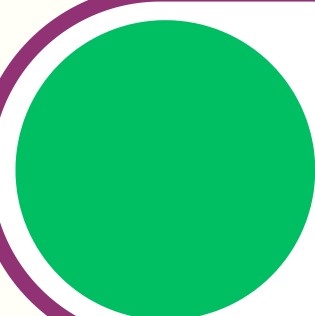
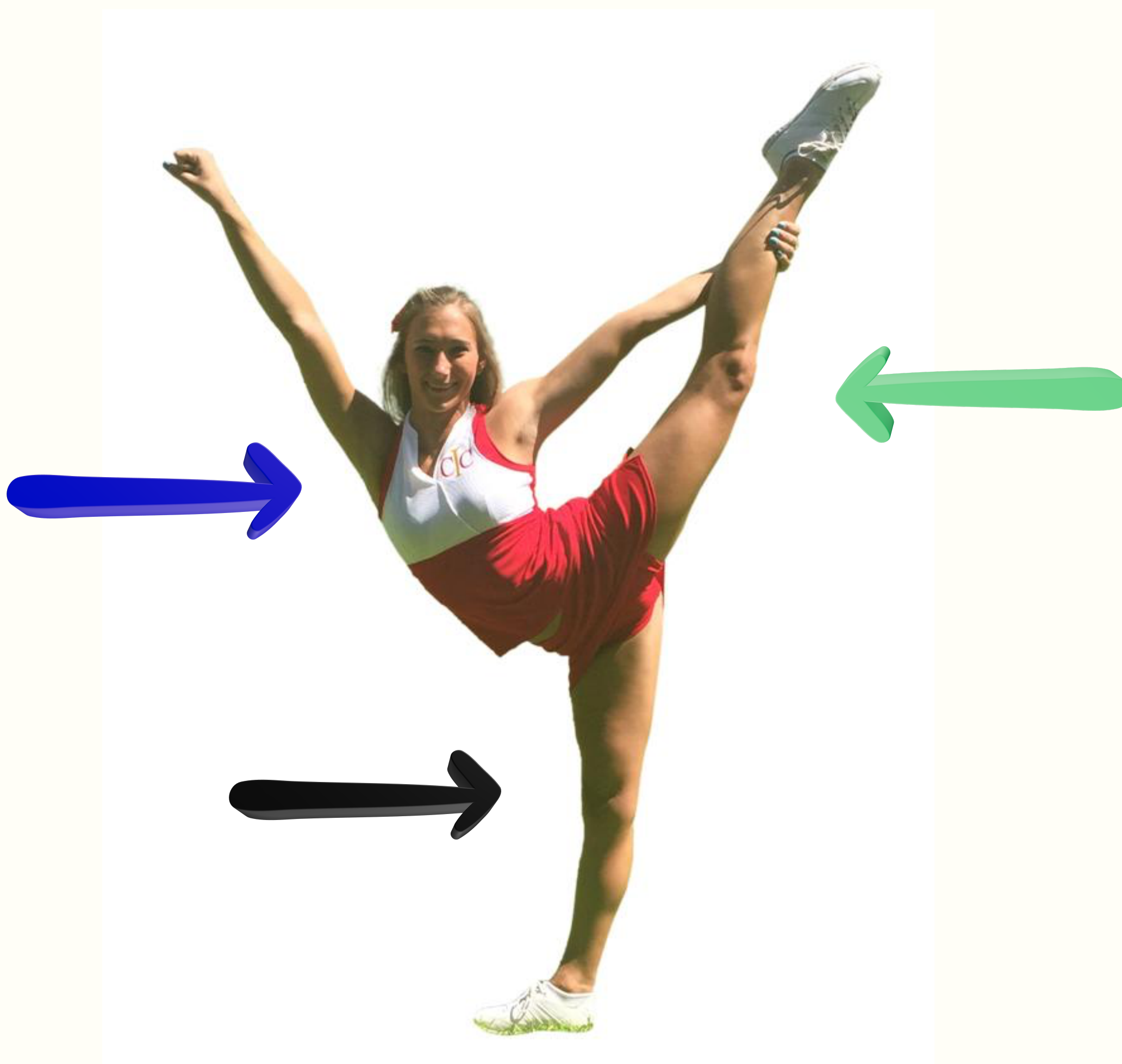


Pecho arriba

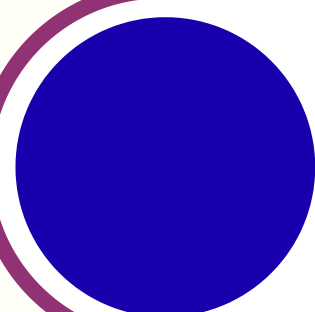


**Ambas rodillas
extendidas**

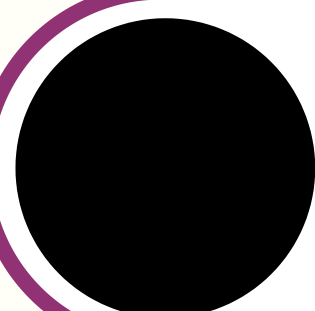
SCALE



Pierna extendida

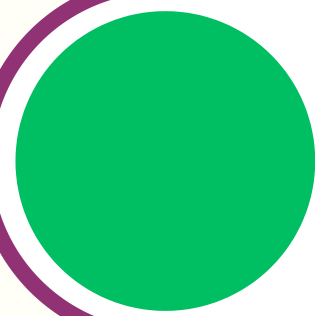
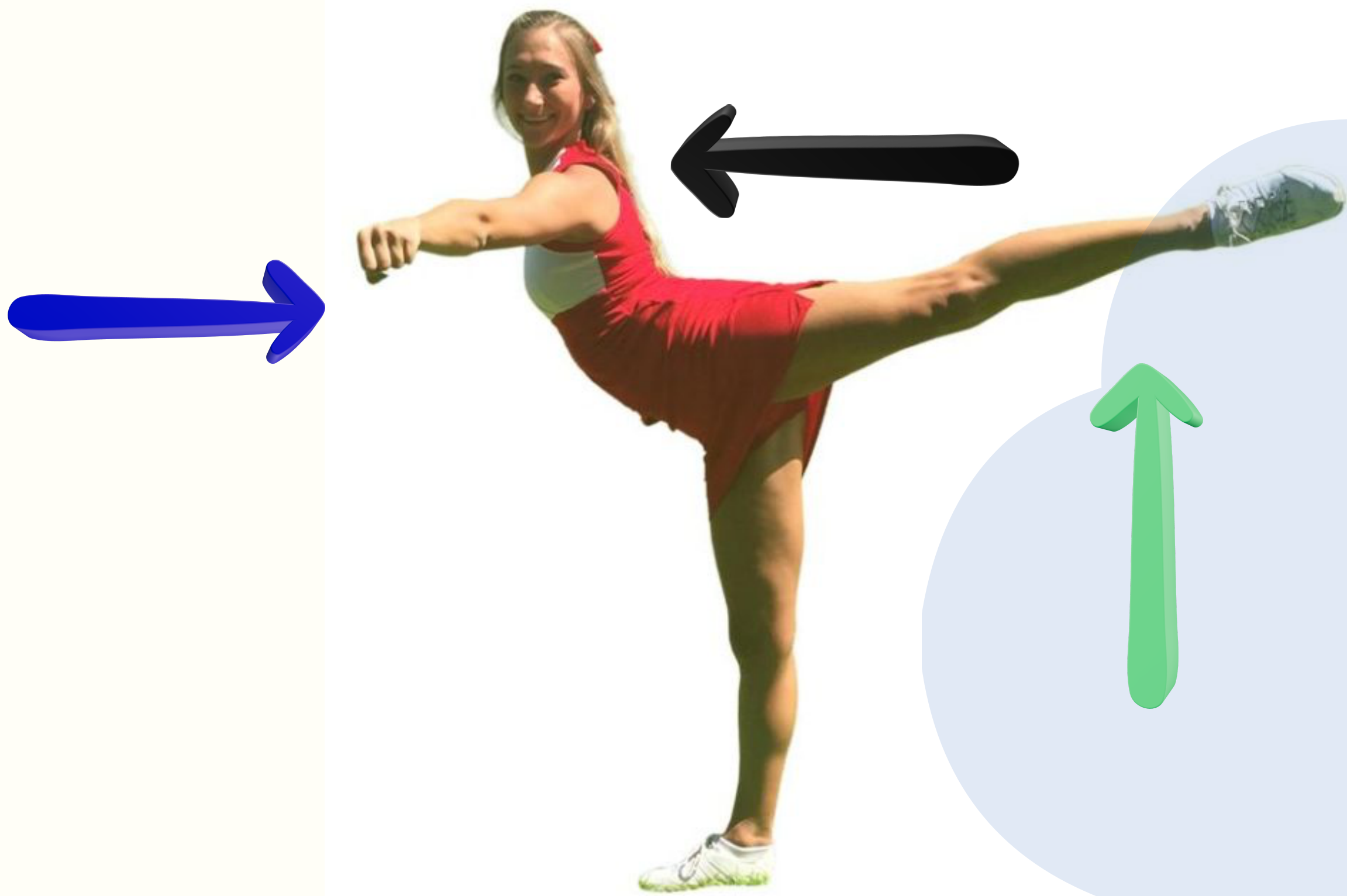


Elevar pecho y cadera

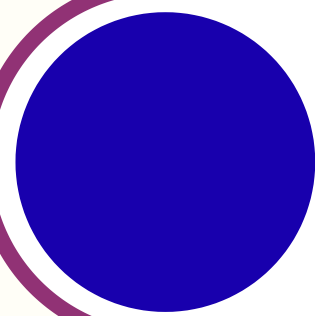


Rodilla extendida

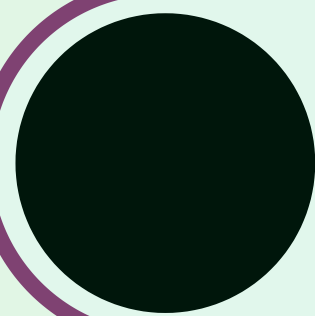
ARABESQUE



Pierna elevada



Elevar pecho



**Hombros relajados y
alineados de frente**

