

# CREATE YOUR OWN HAND SOFTACROBATICS PROGRAM

CHOOSE 3 DIFFERENT SOFTACROBATICS FOR THE NEXT 6 WEEKS



CHOOSE 2 DIFFERENT PREPARATION DRILLS



2 TRAINING SESSION PER WEEK

## WARMING-UP

### SOFTACROBATICS

#### A. SOFTACROBATIC #1

[Check out the training planification PDF file](#)

If the step is  the following indication (A1-A2) will during 1 - 3 weeks

If the step is  the following indication (A1-A2) will during 4 - 6 weeks

If you feel you have mastered the step after the specified time, place the next step in your program.

##### A1. Your current step

15 rep / side - Rest as needed between rep, take the time for each rep

##### A2. « Priming » step

With no pressure and expectations, try the next step with a playful attitude to reduce future mental resistances in the global learning process

2 - 3 rep / side - Rest as needed between rep, take the time for each rep

#### B. SOFTACROBATIC #2

[Check out the training planification PDF file](#)

If the step is  the following indication (B1-B2) will during 1 - 3 weeks

If the step is  the following indication (B1-B2) will during 4 - 6 weeks

If you feel you have mastered the step after the specified time, place the next step in your program.

##### B1. Your current step

15 rep / side - Rest as needed between rep, take the time for each rep

##### B2. « Priming » step

With no pressure and expectations, try the next step with a playful attitude to reduce future mental resistances in the global learning process

2 - 3 rep / side - Rest as needed between rep, take the time for each rep

#### C. SOFTACROBATIC #3 (your less priority)

[Check out the training planification PDF file](#) (same instructions as before)

##### C1. Your current step

10 rep / side - Rest as needed between rep, take the time for each rep

##### C2. « Priming » step

2 - 3 rep / side - Rest as needed between rep, take the time for each rep

### STRENGTH/MOBILITY

#### D1. PREPARATION STRENGTH/MOBILITY DRILL #1

if it is an **unilateral** drill - 3 sets x **8 rep** / 90 sec rest

if it is a **bilateral** drill - 3 sets x **5 rep** / side - 90 sec rest after the second side

if it is an **isometric** drill - 3 sets x **10 sec hold** / side - 90 sec rest after the second side

#### E1. PREPARATION STRENGTH/MOBILITY DRILL #2

if it is an **unilateral** drill - 3 sets x **8 rep** / 90 sec rest

if it is a **bilateral** drill - 3 sets x **5 rep** / side - 90 sec rest after the second side

if it is an **isometric** drill - 3 sets x **10 sec hold** / side - 90 sec rest after the second side

**MINDFUL ACRO**

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