

6 SAFE TIPS TO TRAIN CIRCUS OUTSIDE OF CLASS

Here are some great ideas that will compliment your current circus training program here at SHOW!



1. ATTEND OPEN STUDIOS AT SHOW

The best way to keep up on skills and training. Go with a classmate or circus friend!

2. FOLLOW WARM UPS AND GROUND EXERCISES GIVEN TO YOU IN CLASS

Reference your class notebooks and practice basic ground conditioning learned in class at home.

3. START A BODYWEIGHT STRENGTH TRAINING ROUTINE/CARDIO AT HOME

These can be found online through a simple google search. Cardio is a great addition to circus to help work on endurance and general fitness.

4. INSTALL A PULL UP BAR AT HOME

Local sporting good stores and online retailers carry these. For pull up practice only. No inversions!

5. USE RESISTANCE BANDS/THERABANDS

Great for assisting pull ups and adding resistance for strength and active flexibility.

6. TAKE OTHER FITNESS OR THEATER RELATED CLASSES

Take yoga, pilates, dance or other physical movement classes to supplement your circus training. Challenge your performance abilities by taking local theater and acting classes.



SHOW Circus Studio discourages aerial training at home.

See our "Rigging at Home" sheet available online or in the studio for more information.

Have questions? Ask your teacher or contact the studio at info@showcircusstudio.com.

The suggestions provided above are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion. To reduce the risk of injury, before beginning these or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. The exercise instruction and advice presented are in no way intended as a substitute for medical consultation. SHOW disclaims any liability from and in connection with this list. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.