

# Aerial Double Hammock Entry Level Moves

Aerial double hammock is a captivating and challenging activity that combines strength, grace, and skill. The feeling of flying through the air while performing stunning moves is an experience like no other. Whether you are a beginner or have some experience in aerial arts, there are several entry-level moves you can learn in aerial double hammock to take your practice to new heights.

## The Basics of Aerial Double Hammock

Aerial double hammock involves performing acrobatic moves using fabric slings suspended from the ceiling. Unlike single hammocks, which involve using only one fabric sling, double hammocks consist of two slings that allow for a wider range of movements and transitions between poses. Learning the basics of aerial double hammock is crucial before attempting any advanced moves.

## Entry Level Moves

1. Back Balance - This move involves wrapping your legs around one sling and your arms around the other to create a balanced position. It helps to improve your core strength and balance.



## Aerial Double Hammock Entry-Level Moves

by Bojana Ristivojcevic([Print Replica] Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 16317 KB

Screen Reader : Supported

Print length : 143 pages

Lending : Enabled

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2. Double Knee Hang - This move involves hanging from the hammocks with both knees bent and holding onto the fabric for support. It helps to build your upper body and core strength.



3. Foot Lock - This move involves wrapping one or both feet around the fabric slings to create a secure lock. It allows you to stabilize yourself while transitioning between different poses.



4. Pike - This move involves bringing your legs straight up in front of you while keeping your upper body upright. It helps to improve your flexibility and control.



5. Arabesque - This move involves extending one leg straight behind you while maintaining balance with the support of the fabric slings. It helps to improve your overall body alignment and stability.



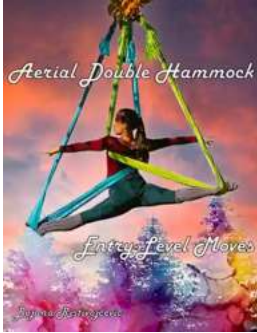
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### Tips and Precautions

Before attempting any aerial double hammock moves, it is essential to warm up properly and have a trained instructor guide you through the process. Safety should always be a priority, and beginners are advised to start with basic moves and gradually progress to more complex ones.

It is also important to listen to your body and not push yourself beyond your limits. Building strength and mastering aerial double hammock moves takes time and practice.

Learning and practicing entry-level moves in aerial double hammock is an exciting journey that allows you to explore your strength, flexibility, and creativity. By starting with these beginner-friendly moves and gradually progressing, you will gradually unlock the potential for more challenging and impressive aerial performances. Remember to always prioritize safety and enjoy the exhilarating feeling of dancing in the air.



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I generally love the sport Aerial Hammock and because I had the incredible pleasure to write the book "Aerial Hammock: Outdoor tricks" in the year 2018/19, I decided to create another book: [Aerial Double Hammock](#). Due to the positive feedback of my readers, the decision for a new book was very easy for me. This book shows step by step basic figures and is especially suitable for beginners who already have some Aerial Hammock experience.

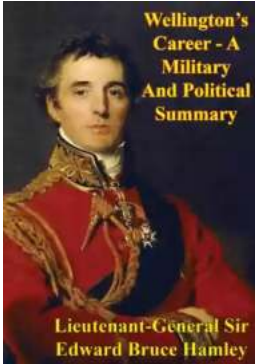
Aerial Double Hammock Entry-Level Moves intends to be a reference book for basic figures, which can be performed with two slings.

Important to mention: Only tricks that are performed alone are shown, there are no figures that are intended for two persons.

- A useful supplement to the already existing book "Aerial Hammock Outdoor tricks" (kindle/paperback)
- 33 beginner figures, which require different levels of strength and flexibility
- Step by step instructions
- Over 200 beautiful photographs

- With revised design
- Over 140 pages

I wish all readers a lot of fun and success in practicing the figures.



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