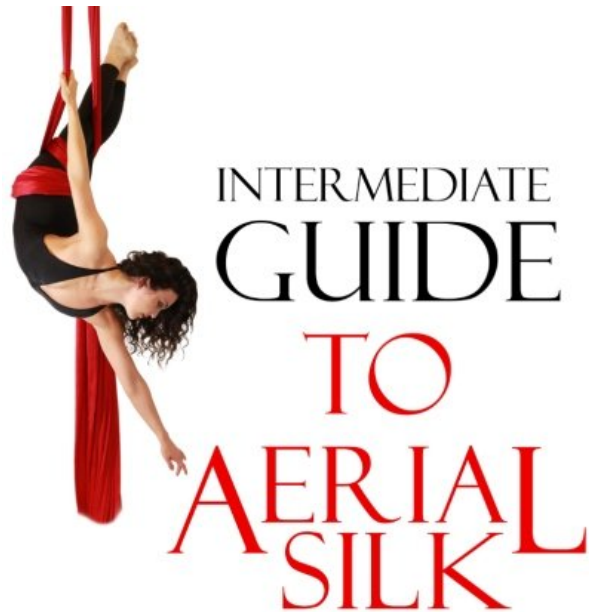


INTERMEDIATE GUIDE TO AERIAL SILK BY JILL FRANKLIN



—JILL FRANKLIN—
Owner of Aerial Physique

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About the Author

Jill Franklin is the owner of Aerial Physique, the highly sought after aerial fitness company featured on a host of media outlets including; NBC's - The Today Show, Good Day LA, CBS - Inside Edition and many more. Jill's background in Ballet, Pilates and Yoga encompass her Aerial Physique methods. Jill has performed her aerial act for elite companies and venues in L.A., New York and China. Her passion for aerial and helping others achieve individual goals, is her inspiration behind this book. The Aerial Physique studio is based in Los Angeles, California. Jill offers a teacher training program and numerous workshops worldwide.

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Jill Franklin's Intermediate Guide to Aerial Silk provides comprehensive and easy to follow instruction for the experienced aerialist. Coupled with clear, concise, directions and technical photos, Jill takes you on a step-by-step journey of proper form and position for each maneuver. Most important, Jill's mandatory motto, 'SAFETY FIRST' is emphasized throughout this guide. Intermediate Guide to Aerial Silk is not intended as a sole learning avenue but rather, a customized tool to assist you when taking aerial instruction with a qualified instructor. This guide will help you gain the strength of a Cirque performer, the lovely lines of a Ballet dancer and fluid movement like a Pilates pro. To learn more visit: www.aerialphysique.com

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it would have been nice if both Jill and the silk were more contrasting ...

By Crystal Baranyk

It's very expensive for a book printed in black and white. Also, it would have been nice if both Jill and the silk were more contrasting in color, because sometimes it is difficult to tell exactly what is going on. I really appreciate her youtube videos, and I feel like the cost of this is, in a way, going towards those. She is very talented and very good at explaining a lot of difficult moves. I can't decide if this book is a three or a four star resource, but I am glad she authored it and put it out there.

0 of 0 people found the following review helpful.

Loving my new copy :)

By Amazon Customer

This book is nothing if not thorough. It has very clear, step-by-step descriptions of tricks, which, if you're anything like me and forget the next step when you're upside down in the air, this is very helpful to review at home, and easier and more comprehensive than hunting down youtube videos of various tricks you're

working on. This is also a tremendous guide if you have time where you practice on your own. It's very detailed and the pictures are so specific and helpful. If you're slipping in a hip key because of fabric placement you can look at the picture and know how to correct it. It also covers terminology, muscles, and so much more! This is a great tool and I love my new copy! Between this book and Jill's video resources (that you can find out about on the aerial physique website) she has made learning aerial so accessible to everyone who wants to learn more and grow more as an aerialist!

0 of 0 people found the following review helpful.

I was amazed out how much information the book contained

By Gary P.

I came across Jill Franklin's first book, 'Beginner's Guide to Aerial Silk', about six months ago and WOW!!!

I was amazed out how much information the book contained. In just a few short weeks as I continued practicing the techniques from Jill's book, I couldn't believe how much more noticeable my upper body strength improved and I was much more flexible.

I also follow Jill on her YouTube channel, where she demonstrates many of her movements and I learned she was wrapping up production of her second book. I just searched Amazon and Jill's second book is now available.

I look forward to ordering a copy and can't wait to expand my knowledge of Aerial Silk. YOU'RE AN AWESOME MOTIVATOR AND A GREAT COACH. Gary P. Salt Lake City Utah.

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