

HOME AERIAL IDEAS

HOME AERIAL INSTALLATION

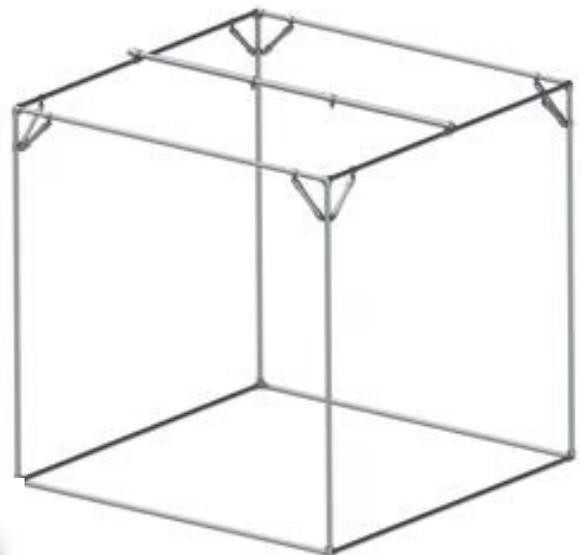
OVERVIEW & DISCLAIMER

This document is a guide where to buy the most suitable at-home aerial yoga equipment. IT IS NOT ADVICE ON INSTALLATION. If installing rigging equipment to your ceiling you should seek professional advice in the form of a rigger, engineer or licensed builder. If using any apparatus in this document, you acknowledge that you use and install at your own risk and agree that Bend + Fly is not liable for any mis-use, damage or injury caused by these activities.

AERIAL RIGGING IS POSSIBLE IN ANY ENVIRONMENT

Through the use of a ceiling mounted rig, portable rig or outdoor structure - installing a home aerial set-up is possible in any living situation.

Your choice of rigging will depend on living arrangements and financial considerations.



PORTABLE RIGGING

A portable aerial rig such as this TUBECLAMP model (page 5) is suitable for indoor and outdoor use



MOUNTING EXAMPLES & SAFETY

Ensure your rigging point is inspected by a rigger or builder to ensure it is suitable for load bearing associated with aerials. Ensure a rigger or builder installs a suitably rated eyebolt or system.



OUTDOOR STRUCTURE

You can use an outdoor structure such as park equipment or a rental aerial rig such as the above (page 6)

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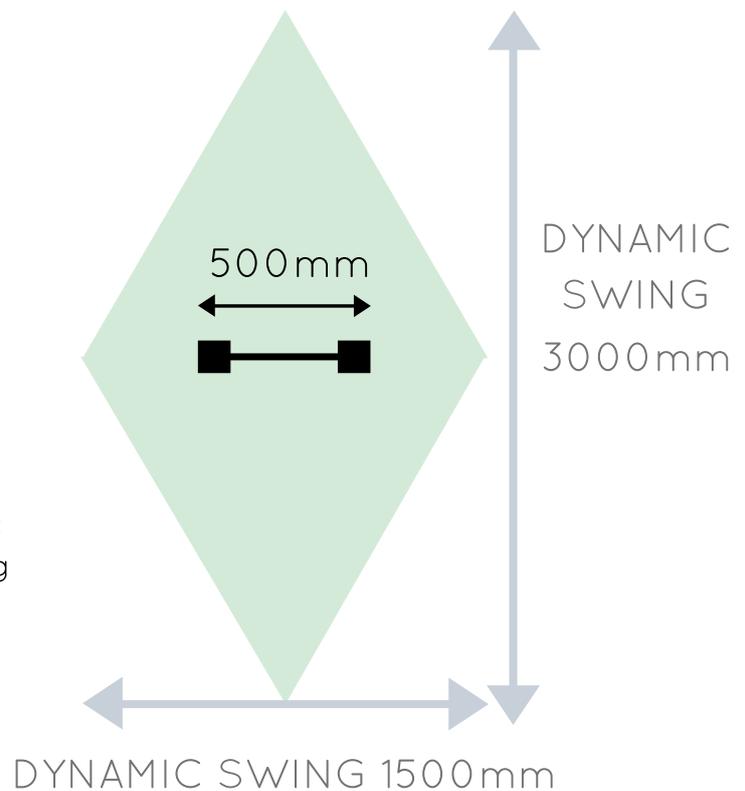


EXAMPLE OF INSTALLATION

This set-up has used a rigging plate, daisy chain, carabiner and Dynex Runner as a choke loop around hammock. If mounting daisy chains or carabiners direct to the eyebolt/rigging plate or over the beam, make sure you use rubber between the structure to reduce friction to protect the hardware.

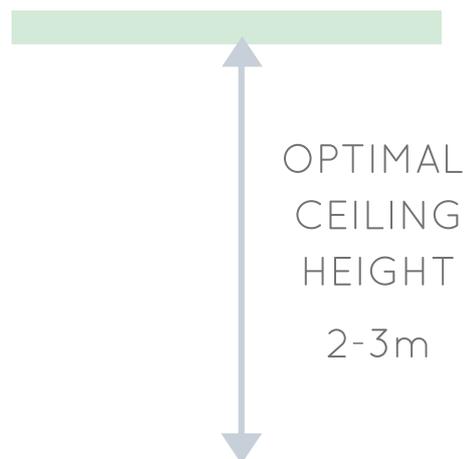
HAMMOCK SWING RANGE & MOUNTING POINTS

The two hammock rigging points should be mounted approximately 500mm apart. The dynamic swing range of the hammock will be approx. 3000mm L and 1500mm W. For static movements and standard inversions the swing range will be much less.



OPTIMAL CEILING HEIGHT

You can safely invert from ceiling heights above 2m. An optimal rigging point for most poses would be 2.2-2.8m. A rigging point above 3m may be too high to allow the hammock to sit waist high.



HARRISON ANTIGRAVITY® HAMMOCKS



PROFESSIONAL HAMMOCKS AS USED AT BEND + FLY

Harrison AntiGravity® Hammocks are the hammocks used at Bend + Fly and are superior in quality to other hammocks, rated and tested for dynamic loading to over 400KG. The Harrison Hammock is made from the best quality aerial material that is unique in the way it provides one-way stretch (sideways stretch but not downwards). This stretchability gives the Harrison Hammock a more natural feel to the contours and movement of your body - something inferior hammocks cannot achieve (most are too stretchy and cannot invert with confidence) The Harrison AntiGravity® Hammock is the most effective apparatus to practice aerial yoga.

\$420 HAMMOCK WITH ACCESSORIES

2X CARABINERS, 2 X DAISY CHAINS + 2 X CHOKE LOOPS

/ \$380 HAMMOCK ONLY

LIMITED STOCK - COLOURS ABOVE



HAMMOCK ACCESSORIES

115-140cm Daisy chains (approx \$35ea), carabiners (approx \$20ea) and 30cm Dynex Runners (choke loops - approx \$13ea) can be purchased from good climbing stores such as [Pinnacle Sports](#).

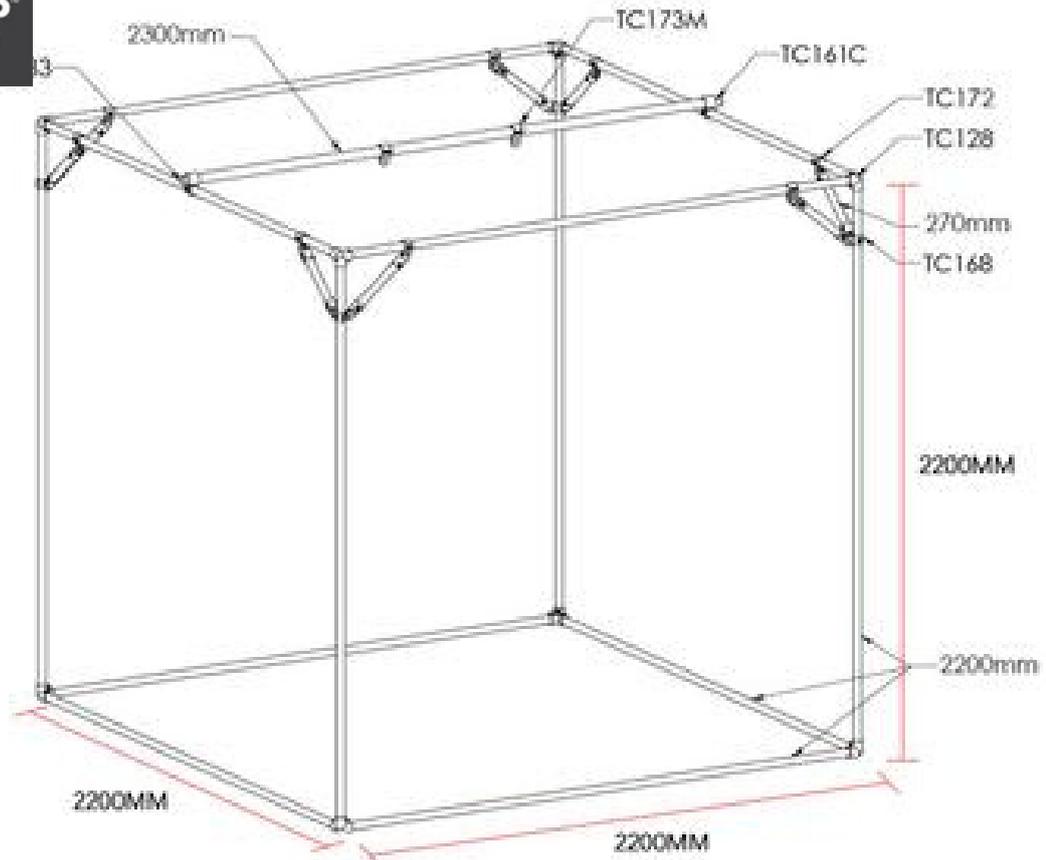
OTHER HAMMOCK TYPES

The next best quality aerial yoga hammock is found online at [Aerials Australia](#).

PORTABLE AERIAL RIG



AERIAL YOGA INDOOR CUBE FRAME (SARAH) - 110KG RATED USING 42OD



Perfect for rental accommodation and those not wanting to install rigging points permanently in their space. It features easy slip-on and tighten connection system which only requires a hex key to secure, making it easy to build. When assembled, it will be lower than most ceilings (standard ceiling height is 240cm). The structure fits into a 220cm by 220cm by 220cm space and can be used indoors or outdoors. Although this product is intended to cater towards aerial yoga or anti-gravity exercises, it is also perfect for pull ups and other body weight workouts.

\$985.11

FREE SHIPPING FOR B+F CLIENTS (SAVE \$200)

(PROMO CODE: BEND+FLY)

[**ORDER HERE**](#)

RENTAL AERIAL RIG



aerialartistrygoldcoast



CHOOSE YOUR RENTAL OPTION:

4 week rental: \$39 p/w or \$149 upfront
12 week rental: \$35 p/w or \$399 upfront

Delivery & Installation

Gold Coast: \$99 | Brisbane: \$149

Optional Crash Mat Hire

4 week rental: \$7.50 p/w 12 week rental: \$5 p/w

Maximum Height: 2.7m Maximum Foot Print: 6m x 3m

Can be altered to suit your yard!

Also ideal for bar, calisthenics and ninja training!

PURCHASE YOUR RESCUE RIG SILKS PACK!

Aerial equipment not for hire

Silks Pack includes:

- 3m or 3.5m drop silks
- O-ring
- Carabiner
- Sling

3m Pack: \$150

3.5m Pack: \$160

For more information or to secure your
Rescue Rig rental please email:
rony@aerialartistry.com.au



TO ORDER: CONTACT ASHLEY (AERIAL ARTISTRY
GOLD COAST) 0434 496 848