

# STRAPS LAB: TECHNIQUE & BIOMECHANICS

**JOSE.CERE**

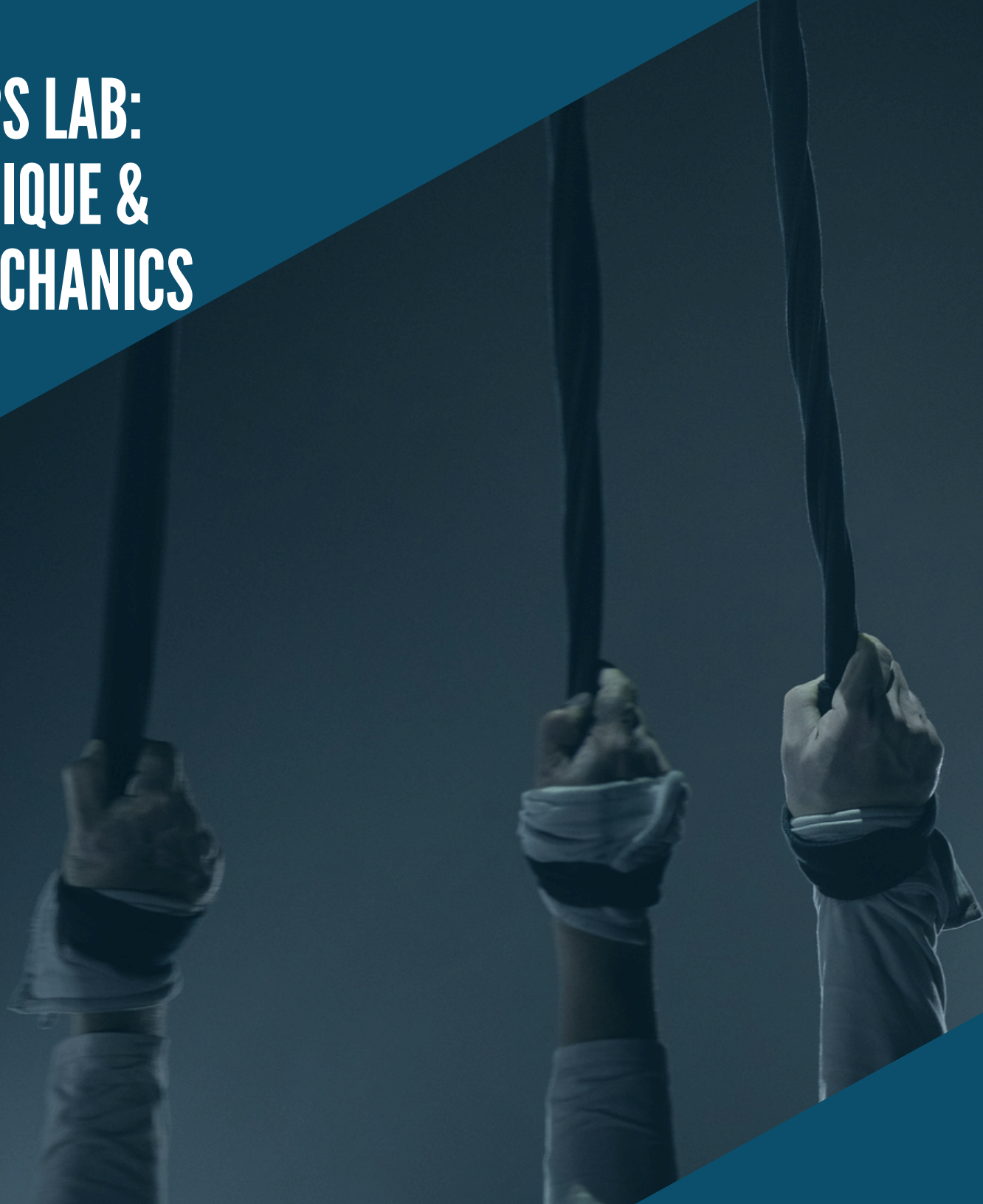
Aerial Acrobatics.

Rope

Straps

Silks

Hairhanging



# STRAPS LAB

This workshop is dedicated to researching joint rotations and muscle chains—and how to articulate them together—for the execution of acrobatic movement. While centered on straps, this biomechanical study applies directly to other aerial apparatuses.

So, if you have a favorite trick on another apparatus, you can train it here on the straps!

We will analyze specific postures and movements, aiming to find the most comfortable positions for each unique body and its range of possibilities.



# METHODOLOGY

- Core warm-up and analysis of relevant muscle chains to aerial practice.
- Targeted conditioning of stabilizer muscles using resistance bands.
- Shoulder and hip joint rotations to activate different muscle chains, analyzing:
  - How these concepts assist in maintaining postures.
  - How these chains and rotations are involved in executing acrobatic movements.

# TECHNICAL REQUIREMENTS

- Apparatus: One pair of straps per every three participants.
- Safety Flooring.
- Rigging Points: For optimal development, movable rigging points are preferred to allow work at different heights.
- Height: A minimum height of 5 meters is required for optimal work conditions.
- Personal Equipment:
  - One open elastic band and one closed-loop strength band (minimum 25 kg resistance)
  - Cotton wrist guards (can be made from an old t-shirt or similar)
  - water bottle per participant.



# BIOGRAFIA

Chilean aerialist José began his path with independent circus and dance training in Buenos Aires before completing his formal studies at the INAC school in Portugal.

His dedication to the craft extends to community building as the organizer of the Lisbon Rope Meeting and as a guest teacher at international events like the Aerial Silks Meeting Lisboa and Belfast Rope Meeting. A specialist in rope, straps, silks, and hair hanging, his artistic work is equally active.

He is currently a performer in the show Infinito (premiered November 2025) and the co-creator of La Trottola, now celebrating its ninth year of touring Europe.

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