

Athlete Workout

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Per: 7



Dancer



Our athlete is a dancer. During training, dancers will often need to balance, and in order to do so, they have to have core strength.

Goal: Our goal is to improve the athlete's balance and overall core muscular strength and endurance.

Muscular Strength and Endurance

Muscular Strength:

The amount of force a muscle can produce with a single maximal effort.



Muscular Endurance:

The ability of a muscle to repeatedly exert force against resistance.



Key Terms

The main muscle group that we are targeting for this exercise is the core, or abdominal muscles. These muscles are located in our torso. The equipment that we will be using for the following exercises is:

- ❖ Balance Ball (BOSU)
- ❖ Dumbbells
- ❖ Ab Roller
- ❖ Weight plate
- ❖ Medicine ball

Requirements For Dancer

This circuit meets our athletes goals because we included both muscular strength and endurance targeted for the core muscles. This circuit will improve their dancing skills and it will provide a greater endurance for the dancer so they can dance for long programs. Balance comes from core and in order to go further in dancing, and learning turns and leaps you need good core and flexibility to help prevent injury.

Circuit

(40/20)



During the circuit workout we will be using the 40/20 format (2 to 1 ratio). This is where you will do 40 seconds of high energy training and 20 seconds to rest. The rest allows you to do your very best every 40 second round. There will be different stations to work on core muscular strength and endurance.

Dynamic Warm-Up

This list of exercises will help warming up the core and the rest of the body.

- 10 T planks
 - 25 Jumping jacks
 - 10 Curl ups
 - 20 Backward lunge jumps
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Set Up:

Station 1: BOSU

Station 2: Dumbbells

Station 3: Ab Roller

Station 4: Weight Plate

Station 5: Medicine Ball

People: There will be 5 stations so 5 groups. There would be about 7 or more people per station/ group. You will need a partner to do the 5th station and to keep you motivated through the circuit.

Summary: You and your partner will go to a station and work out to the best of your ability for 40 seconds. This is so you can get maximum benefits. Then you will rest for 20 seconds. Then go to your next station. There will be about 3 rounds (15 minutes) depending on the time.

Station 1: BOSU

Bosu Hip Workout

Description: Keep the BOSU laying as a dome and then get into a side plank with your elbow on the BOSU. Now, in this exercise you have to move your hip upward and downward. Switch sides after you are done with one side.

Targeted muscle groups: core and balance



Progression & Modification

Progression: If it's too easy, just to make sure your core is stronger, lift up you leg facing the sky. Repeat on other side.



Modification: If you find it too hard, do a simple side plank and switch sides.



Station 2: Dumbbells

Dumbbell push up (knees down)

Description: In this exercise, you will need to get into a plank position and your hands should be slightly wider than shoulder width apart. But you won't be doing a full push up so put your knees on the ground and do a push up. After one push up, do a dumbbell lift with your right hand and then do a push up again and now do this with your left hand and so on. For this you will need a 5 pound dumbbell.

***Remember to lift your elbow high like in a 90 degree angle when you do a dumbbell lift.

Targeted muscle group: core and triceps



Progression & Modification

Progression: If the regular exercise is too easy for you, then do a pushup and a dumbbell lift twice for each hand. If you want to make it more tougher for yourself then use heavier dumbbells.



Modification: If the regular exercise is too hard for you then do a simple plank (instead of doing any sort of push up) and do a dumbbell lift with each hand. Pause for a second after two dumbbell lifts. You could also do it normally but with lighter dumbbells.



Station 3: Ab Roller

Ab roller

Description: For this exercise it will be a half burpee with the ab roller. You will start off with a burpee, so there will be a jump and when get into a pushup position, put your knees down and place the ab roller in front of you. Roll the ab roller further from you and as far as you can reach and come back to the original position. Then get back up like a burpee and do this over again.

Targeted muscle groups: Arms, chest, quads, glutes, hamstrings, and abs.



Progression & Modification

Progression: The progression would be similar to the normal one but instead of doing one ab roll, do two or more for each turn with a burpee.



Modification: An easier version would be getting into a pushup position with knees down and roll the ab roller further from you and back.



Station 4: Weight Plate

Russian twist

For this exercise, you'll be sitting down. Grab a 5 pounds weight plate and twist to the sides. Be sure to have your legs up and that you slightly lean back.

Targeted muscle group: core

Regular version



Progression & Modification

Progression: If it's too easy, just make sure to straighten your legs and/or use a heavier weight plates.



Modification: Too hard? Do the twists with your legs down.



Station 5: Medicine Ball

Medicine ball situps (partners)

You'll need a partner for this station. First, find a place and sit down. Then have one partner with the medicine ball and both of you lean back. When you sit up, pass the ball to the other person and so on.

Targeted muscle: core and triceps

Regular version



Progression & Modification

Progression: The harder version is to do v-sit twist with the ball (legs down), then lean back and pass it to the partner.



Modification: The easier way is to raise the ball above head then pass it to the partner.



These exercises in our circuit will help you to have a stronger core!!!

Bosu: This exercise works your hip so it makes your core stronger.

Dumbbells: This exercise helps you have a stronger core and better bicep muscular strength.

Ab roller: Since you will be doing a half burpee in this exercise you will have a stronger core.

Weight Plate: This will help you in your core muscular strength and endurance twisting the weight plate repeatedly.

Medicine Ball: This will help your core muscular strength using explosive power.

Cool Down

After the circuit, it's time to cool down with some stretches.

- 15 sec Butterfly
 - 20 sec Hamstring stretch
 - 20 sec Shoulder stretch
 - 20 sec Seated straddle stretch
 - 30 sec High knees
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Cites and Sources

Links:

- ★ <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20045517>
- ★ <http://www.womenfitness.net/tabata-protocol/>
- ★ <http://health.usnews.com/health-news/diet-fitness/articles/2009/04/10/flexibility-8-stretches-that-will-stretch-your-workout-routine>