

Isaac Jung

Goals

Primary - Strengthen abdominal stabilizers.

Secondary - Keeping myself warm between classes

Why - I want to improve my balancing. My teachers have always told me that I need to support more with my core, and I feel like I have always had a weak core. When I have time between classes I want a set program to do to keep me warm. If I don't have a set thing I'll just play around then get bored and just sit on my phone and get cold.

Frequency

When - At least 3 times a week. I have a 30 minute gap between my dance classes in the same studio and I would like to do it then.

Why - I want this to be short enough, so I can stay warm between classes. But also if my brain is just all over the place I could do this to center myself before writing a paper or something.

Sequence

Warm-up

1. Cat/Cow
2. Downward Dog
3. Cobra

Workout

1. Plank
2. Side Plank
3. Push-ups
4. Glute Bridge
5. Liver Gallbladder Meridian Stretch

Cool-down

1. Cobra
2. Cat/Cow
3. Spine Twist

Excercise Descriptions

Brief description (with the understanding that I'll see you do it in the video)

Purpose/objective -- include specific joints or muscles if relevant

Number of repetitions or duration

Origin - where did you learn this movement?

Warm-up

- I. Cat/Cow
 - A. Description
 1. Start kneeling on the floor, and place your hands on the floor shoulder-width apart in front of you and your knees below your hips
 2. Inhale, curve your back, lift your head up, and tilt your pelvis up
 3. Exhale, arch your spine, bring your head and pelvis down
 4. Repeat steps 2-3
 - B. Duration - 16 breaths 8 of each
 - C. Purpose - This helps me feel the activation of my core
 - D. Origin - Ms. Massino she was my aerobics and yoga teacher back in high school.
- II. Downward Dog
 - A. Description
 1. Start kneeling on the floor, and place your hands on the floor shoulder-width apart in front of you and your knees below your hips
 2. Tuck toes under feet, engage abs and draw your belly to your spine
 3. Press through hands and lift your pelvis to the sky
 4. Alternate pressing into the ball of one foot at a time to get a deeper stretch down the back of your legs
 - B. Duration - 5-10 Deep breaths
 - C. Purpose - Get some fresh blood into the legs
 - D. Origin - I feel like downward dog is common knowledge I'm not sure where I learned it. I think I learned it from a yoga studio in North Carolina with my brother, I cannot remember the instructor's name but she was nice and she had yoga flashcards and we would play games with them.
- III. Cobra
 - A. Description
 1. Start on belly, feet hip-width apart and hands beside your ribs
 2. Extend legs and press down into the ground with your toes
 3. Press down with hands, straightening your arms
 4. Lift your head and chest to the sky, keeping the neck long to not lift the chin
 - B. Duration - 5-10 Deep breaths
 - C. Purpose -
 - D. Origin - Ms. Massino again I learned a lot in that class.

Workout

- I. Plank
 - A. Description
 1. Get into plank position (body in alignment with forearms and toes holding you up)
 2. Engage abs, draw navel to spine

3. Keep proper alignment
 4. Hold position
- B. Duration 1 minute
- C. Purpose - Transverse abdominis, rectus abdominus
- D. Origin - I feel like planks are common knowledge. I call the position plank position, my other gym teacher, Mr. Ghent, in high school taught me that is what to call it, and he taught me proper form.
- II. Side Plank
- A. Description
1. Start in plank position
 2. Rotate your weight to one side and stack one leg on top of the other
 3. Activate core
 4. Hold position
 5. Repeat on other side
- B. Duration - 45 secs each side
- C. Purpose - Transverse abdominis, external and internal obliques.
- D. Origin - Just like the plank it's common knowledge. Mr. Ghent helped with form on this one too.
- III. Push-ups
- A. Description
1. Start in plank position make sure your core is activated draw belly to spine
 2. Lower body till chest nearly reaches the floor
 3. Push up back to plank position
 4. Repeat
- B. Duration - 15 reps split into 3 sets
- C. Purpose - Rectus and transverse abdominis, pec major and minor, deltoid, triceps, and biceps
- D. Origin - My mom and dad. They made me and my brother do push-ups as punishments when we were younger. If you ask me EVIL, but I think it was less traumatizing than corporal punishment.
- IV. Glute Bridge
- A. Description
1. Lie on back with knees bent upwards
 2. Raise pelvis as high as possible make sure to engage the abs
 3. Return pelvis to the floor
 4. Repeat
- B. Duration - 30 reps split into 3 sets
- C. Purpose - Transverse abdominis, glute maximus and medius
- D. Origin - I think it was my brother. I cannot remember why he taught me this, but he did.

V. Liver Gallbladder Meridian Stretch

A. Description

1. Start seated on the floor with your legs extended out to either side
 - a) Legs must stay fully extended
 - b) Bring legs closer together if struggling to keep legs straight
2. Clasp hands over head with palms facing outward, straighten elbows
3. Exhale, bend down toward one foot, keep facing forward
4. Inhale when bent as far over as possible.
5. Repeat on other side

B. Duration - 2 minute each side

C. Purpose - Transverse abdominis, serratus anterior, obliques

D. Origin - Gina taught this to me. Meridian stretches are really cool, and I want to add them to my daily routine. I felt great after that class, but would having this stretch here throw the chain out of order? Do I need to go to the starting position after this?

Cool-down

I. Cobra

A. Description

1. Start on belly, feet hips-width apart and hands beside your ribs
2. Extend legs and press down into the ground with your toes
3. Press down with hands, straightening your arms
4. Lift your head and chest to the sky, keeping the neck long to not lift the chin

B. Duration - 10 -15 deep breathes

C. Purpose - Stretch the abs that I just worked.

D. Origin - Ms. Massino again I learned a lot in that class.

II. Cat/Cow

A. Description

1. Start kneeling on the floor, and place you hands on the floor shoulder-width apart in front of you and your knees below your hips
2. Inhale, curve your back, lift your head up, and tilt your pelvis up
3. Exhale, arch your spine, bring your head and pelvis down
4. Repeat steps 2-3

B. Duration - 16 breaths 8 of each

C. Pupose - It feels good I think it also stretches the abs

D. Origin - Ms. Massino she was my aerobics and yoga teacher back in high school.

III. Spine Twist

A. Description

1. Start seated on the floor with both legs extended in front of you
2. Cross one leg over the other

3. Grab the bent knee with the opposing hand and with the free hand place it on the floor behind you
 4. Rotate the spine
 5. Hold
 6. Repeat on other side
- B. Duration - 30 seconds each side
- C. Purpose - stretches abdomen and lower back
- D. Origin - I learned this from one of my dance teachers Maddie. we would spend so much of class stretching, but I would always feel so loose after that class.