

Hip Hop

Warming Up



Isolations, Stretches And Cardio

Learn some simple warm-up techniques, including isolations, stretches and cardio, which are essential in preparing your body for hip hop moves.

What do you need?

- large, clear space
- comfortable clothes and shoes that allow you to move freely
- a music player and speakers
- two tracks downloaded from ARTS:LIVE or from your own collection

Let's start

1. Choose two tracks for your warm-up:
 - a track for cardio and isolation exercises that will make your heart beat faster and warm up your body
 - a track for stretches to improve flexibility of movement and prepare your muscles for dance
2. Rotate through the following cardio exercises as demonstrated in the video:
 - two steps
 - grapevine
 - heel jumps
 - star jumps

3. Rotate through the following isolation exercises as demonstrated in the video:

- head
- shoulders
- knees
- wrists
- hips

4. Rotate through the following stretches as demonstrated in the video:

- lunges
- shoulder stretches
- thigh stretch
- calf stretch

Why warm up first?

Warming up helps to strengthen and condition your body and prepare it for dance. It is vital for preventing injury.

What do you suggest?

- Are there any warm-up activities that you can suggest to the class?
- Are there any particular music tracks you could bring in for the class to use as part of your Hip Hop warm up?