

Hip Hop

Warming Up



Stretched To The Limit

Learn effective dance warm-ups and cool downs that use a range of stretching strategies at different points in the class. This activity includes light stretches for use after warm-up, and long, deep stretches for the end of a class.

Develop an individual stretching plan so that by the end of this course you will be a little looser with more relaxed muscles. That's what you want for dance.

What do you need?

- a clear space to warm up and practise in
- comfortable clothes and shoes that allow you to move freely
- a music player and speakers
- a range of appropriate hip hop tracks or other music styles

Let's start

1. Repeat the warm-up stretches from the previous activity, Isolations, Stretches And Cardio, and when stretching think about:
 - which muscle group/groups are being stretched
 - the name of the muscle group, eg abdominals, quadriceps, hamstrings

2. Discuss the differences between individual flexibility. You may comment on your own flexibility, not that of others.

- You can be flexible in some areas and not in others.

3. Create a Flexibility Plan by first listing:

- How flexible are you?
- Where you would like to increase your flexibility?
- What stretches will you do and how often will you do them?

What's next?

1. Draw up a table that is six columns by five rows.
2. In the first column, write the areas you want to improve in flexibility.
3. In the second column, write what stretches you will do to target these spots.
4. In the third column, note how many times a week you will perform the stretches.
5. In the fourth column, note how many seconds or minutes you will perform the stretches for.
6. The fifth column is blank right now. You will record any improvement after five weeks.

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7. The sixth column is blank right now. You will record any improvement after nine weeks.

Did you know?

- Dynamic stretches are the stretches that occur as you take a body part through its normal range of motion, starting small and slow and very gradually increasing in size and speed.
- Static stretches are usually reserved for the end of the warm-up. Generally, these are held for a minimum of six seconds and involve a slow lengthening of a muscle or group of muscles.
- Flexibility generally improves over time with regular practice.
- Hyper-mobility is usually from extreme looseness in the ligaments (which join bone to bone and provide structural stability), not muscles, and is not something you should have as a goal.

What do you suggest?

- Are there any specific sports or dance stretches that you can suggest to the class?
- Are there any particular music tracks you could bring in, to play whilst stretching?
- How does music influence your Hip Hop warm up?