



#InspireBuddyChallenge

1. Pick your “Inspire Buddies”
2. You will be required to create a schedule together during which you will either check in with each other to share pictures/progress of your work OR you will join each other on FaceTime to do the below drills together, weekly.
3. Every week on Wednesday, I expect a whatsapp message from you with pictures and 1-2 sentences of a progress highlight of your week. This could be the fact that you can do a handstand now OR it could be a story on how your buddy inspired or supported you.
4. Below is your weekly workout schedule & regimen.

4 Pillars of Health:

Before we begin, please acknowledge that the below lifestyle is essential not only for you to become a successful human but also a successful dancer:

- **Food & Hydration:** At minimum → Less sugar. More veggies (all colors). At least 10 glasses of water a day. Bananas, nuts & coconut water are great potassium for muscle building.
- **Sleep & Rest:** A minimum of 7-8 hours of sleep is absolutely necessary for you to create a positive mindset and for your body to recover, heal and strengthen daily.
- **Emotions & Nature:** go outdoors once a day, even if only for 5 minutes. Breathe. Notice nature. Pay attention to your feelings. Find gratitude in something new outdoors daily. Nature has proven to benefit both mental and physical health. Take care of your emotions by journaling or drawing your feelings.
- **Exercise:** (see below ;)



Balanced Weekly Workout Schedule

Follow steps in order & check off each week once you complete it

Day	Workout	Week 1	Week 2	Week 3	Week 4	Week 5
Monday	<ol style="list-style-type: none"> 1. Long run or run/walk (40 minutes to an hour) 2. Splits 					
Tuesday	<ol style="list-style-type: none"> 1. Wall Drills 2. Stretch 3. Legs & Abs 4. Splits 					
Wednesday	<ol style="list-style-type: none"> 1. 4-5pm IPC Muscle Control Class 2. Splits 					
Thursday	<ol style="list-style-type: none"> 1. Wall Drills 2. Stretch 3. Run or run/walk 20 to 30 minutes 4. Splits 					
Friday	<ol style="list-style-type: none"> 1. Warm Up 2. Stretch 3. Back Flexibility 4. Arabesque & Attitude 5. Splits 					
Saturday	Rest					
Sunday	<ol style="list-style-type: none"> 1. Wall Drills 2. Stretch 3. Headstands & Handstands 4. Splits 					



Breakdown of Above Workout Regimen

WARM UP:

- 3 sets of: 8 Sautes, 10 pushups

STRETCH:

- Amna Dance stretches (legs, back, lunges, arms, ankles)

WALL DRILLS:

- Hip posture and alignment (posterior pelvic tilt-good versus anterior pelvic tilt-bad) *place hands at hips, stick butt out – bad posture!
- Now, rotate hips up and forward using hands as guide (opposite what they felt with bad posture)
- Wall sits at 45 degrees with good posture/alignment through whole body. Arms up with palms facing the ceiling
- Week 1: Hold for 1 minute | Week 2: 2 minutes ... Week 5: 5 minutes

LEGS & ABS:

- 3 sets of: 15 criss-cross leg lifts (ab & leg muscle control workout), pointed toes. 1st set is fast going down and up. Second is slow. Third is fast again.
- Lower Leg Strength Work
 - On each leg: Standing on one leg, barefoot: Write alphabet with each ankle. (Close eyes for added difficulty)
 - 3 sets of 10 on each leg: Standing on one leg, calf raises by pushing up off of standing foot
 - Walk across one end of room to other 5 times: Heel walks (focus on pulling toes up toward shin for entire set)

HEADSTANDS & HANDSTANDS: (have adult spotters with you)

- Working on core to be able to do handstands and handstands:
<https://www.youtube.com/watch?v=nwd9XFYSmNM> [TIME CODE 0-1:00 ONLY) - (try to use 2 same level bigr chairs or tables for this). See different video for handstands
- Hold Headstand for 1 minute:
<https://www.youtube.com/watch?v=qWTyp37kYIA> (do this against a wall for the first month and then do it right next to the wall but try not to touch the wall at all - but it should be there just in case you lose balance)
- Hold Handstand for 30 seconds with chest to wall drill per below picture:
<https://www.youtube.com/watch?v=roQsSjufpdk> (build up each week to

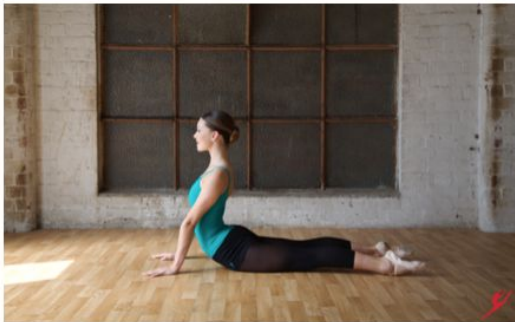
reverse handstand to face away from the wall and try to not use the wall while doing it and holding it for 10 seconds.)



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Back Flexibility:

1. Lower back stretches. To begin, start by laying stomach side-down on the floor, legs straight out arms bent with hands placed next to either armpit, elbows by your side. Push the upper body up of the ground and towards the ceiling, keeping the hips firmly on the floor and pushing back away from your hands to give your back a gentle stretch (See Image 1.). Return to the neutral lying position, this time with arms by your side and bend the knees so that the feet are brought up and in towards the back. Reach your hands up and take hold of your ankles and pull the legs up and over towards the head whilst simultaneously lifting the torso up off the ground towards your feet (See image 2.).



Basic lower back stretch.



The second back exercise

2. Upper Back Stretches. Next, kneel on your knees, with the feet flat to the ground (so tops of the feet will be against the floor) and keeping everything below the hips vertical, lower the upper back and head backwards over the legs, allowing the arms to remain by your side. Go back as far as you need until a stretch is felt in the upper back (see Image 3.), if this is quite easy then

raise the arms above the head and repeat, allowing the the pelvis and upper legs to also tilt backwards with the aim being placing your hands (stretched up above your head, not by your side as before), and finally your head on the floor (See Image 4.). This should also gently stretch your quadriceps.

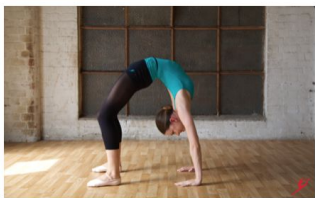


Basic stretch

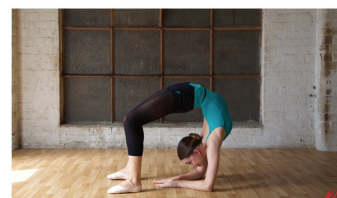
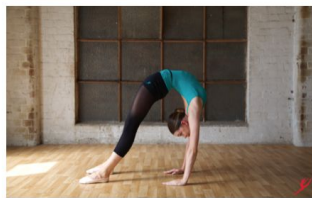


The advanced stretch

3. Advanced bridge: This is a great stretch to further increase your flexibility if you're comfortable doing a bridge (see Image 5.) - If this stretch is still a little difficult for you then just keep practicing bridges, and re-asses in a couple of weeks. - Once you are up in a bridge shift your body so that your weight rests primarily over the arms, and gradually try to straighten you knees. This is very effective in stretching out the upper back and shoulders (See Image 6.). Don't worry if you can't get their just yet, gentle daily repetition will lead to gradual but significant improvement. If you can easily straighten your knees then relax back to a normal bridge, walk the hands a little closer to your feet and repeat until a reasonable stretch is felt. From here the next step is to bend the knees once more and lower yourself down so that your upper body is supported on your elbows, and your hands are folded under your head (see Image 7.)



The bridge.



head to floor

Arabesque/attitude:

4. Now for a stretch that will aid with increasing your splits and back flexibility, improving the line of your arabesque/attitude and lengthening the

quadriceps. Using a theraband, bend one leg backwards at the knee, and with one end of the theraband grasped in each hand, loop the centre over the flat top of your foot. Sometimes it can be good to have someone supporting you as you do this (but not necessary), once you've steadied your balance, begin to extend the leg up and backwards, keeping the supporting leg straight, as well as tension in the theraband and using it to pull your leg up and over your head. Make sure you don't let the upper body collapse, but hold yourself upright with as straight a back as possible (See Image 8.). Try to hold it here for 10 to 15 seconds and then repeat with the other leg. (you may use a towel, or scarf in lieu of band)



a. Stretching for Splits/Arabesque

SPLITS:

1. Frog & Butterfly stretches: position the body so that you're resting on your elbows and knees, back straight, and gradually spread the knees apart, pressing the hips down towards the floor and making sure you keep the knees in line with the hips (this bit is important!). It is helpful if you can get a friend or partner to gently press down on the lower back to increase the stretch. Once you have gone as far as you can, take several deep breaths and relax into the position, holding for 20 - 30 seconds before relaxing.

Finally, lay flat on the ground, stomach to the floor and draw the legs up in a turned out position with the soles of the feet touching (Don't sickle!). Keep bending the knees until you're in the 'frog position'. Unlike the previous stretch where the hips had to be held directly over the knees, the focus of this exercise is to keep the pelvis firmly connected to the floor, aiming also to get the ankles as close to the ground as possible. Don't be worried if your feet are stuck up in the air to begin with, some people will be more limited by their hips sockets (and turn-out capabilities) than others, and some will be able to get their hips and ankles to the ground immediately (See image 13.).

Practice is the key here, with repetition everyone has the potential for



improvement.

Hips remain pressed to the floor as knees draw in.

Next, sit up with your legs stretched out to the sides (in a relaxed middle split position) and make sure your toes are facing up towards the ceiling with no rolling forwards. If you like, you might find it beneficial to sit with your back against a wall to ensure you're not sinking or collapsing your posture. Now reach your left arm up from the side, and over your head, and still facing forwards bend towards your right leg, trying to feel the stretch all along the leg and up your side (See image 14.). Keep going until you feel a stretch and then hold for a count of 10. Relax, and repeat on the other side. Now repeat the exercise, this time shifting the upper body towards the leg and flattening all the way from your lower spine to your head until you are folded over your leg (See image 15.). This should give you a completely different stretch, as you engage new muscles to the ones targeted in the previous exercise. Once again hold the position for a count of 10 and repeat on the other side. Finally, return to the upright, forward-facing position and placing your hands in the centre, begin to walk them forward away from your body, allowing the chest to ease forward with them. Maintaining a straight spine as possible, lower yourself towards the ground as you continue to walk the hands out. As you do this you should find your pelvis also rotating a little and coming forwards, placing you in a deeper, flatter middle split. Make sure to pause every few beats and take a couple of deep breaths, and then creep the hands forward a little further and repeat until hopefully you look like this (See image 16.)! Once you relax from the stretch be sure to shake your legs out a little bit so your muscles aren't storing the tension.

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Toes facing upwards, upper body facing forwards.

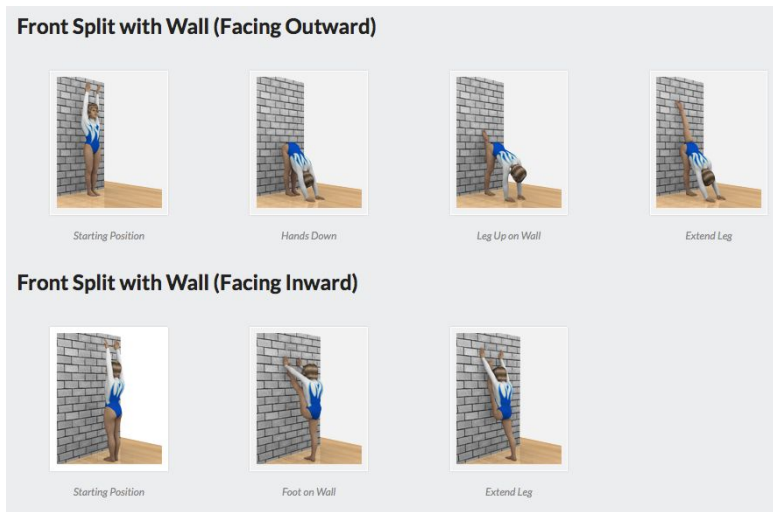


The body has now shifted to face the leg, toes remain pointed towards the ceiling (they may be flexed or stretched according to preference).

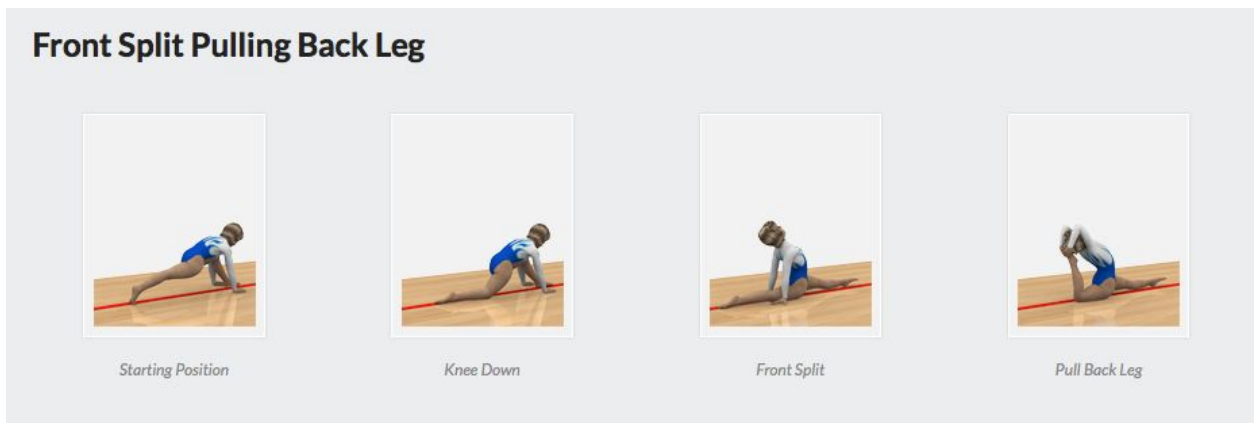


Flatten from the lower spine, so the back stays as flat as possible, this provides a much more effective stretch.

3. Front split with wall inward & outward. Hold each for 60 seconds and build up each week to 3 minutes.



4. Front split pulling back leg. Hold each split for 60 seconds doing below stretches and build up each week to hold for 3 minutes.



Source: <https://www.energetiksblog.com.au/blog/3857>