

# MOVING THROUGH HISTORY

## THE OLYMPICS AND THE AFRICAN AMERICAN EXPERIENCE: DAY 4

This resource is created for students and educators to enrich body and mind through history. This is an intermediate level regiment for those who have been exercising consistently for a period of time.



# EXERCISING BODY AND MIND

Since the first modern Olympics in 1896, the Games have been an international stage to demonstrate superior athletic ability and display exemplary character and conduct. As African Americans fought prejudice at home, the Olympic Games provided an opportunity to them to display important amateur ideals--character, discipline, and intellectual capacity-- before a worldwide audience .



# SAFETY INFORMATION



**PLEASE READ THE FOLLOWING PROGRAM GUIDELINES BEFORE PARTICIPATING IN THE MOVING THROUGH HISTORY ACTIVITY, OR USING IT AS A TEACHER RESOURCE.**

In order to safely participate in this activity, make sure that you (or your students, if you are a teacher using this as a teaching resource):

- are in a safe, clutter-free environment;
- have enough space to complete the exercises: you can lift your arms fully over your head, jump up and down and side to side, and lay down fully extended without bumping into anything;
- are wearing comfortable clothing that you can move and stretch in without it getting in the way (we recommend removing shoes and socks if you are in-doors);
- read and understand the instructions for each exercise before performing it; and
- listen to your body and respect your own limitations.
- may wish to have the following: a water bottle and either a yoga mat or towel (to be used under the knees).

This activity is designed for those aged 18 and older who are physically fit. For those under the age of 18, adult (parent/legal guardian/teacher) guidance is recommended. If you have any health concerns, contact your physician for advice prior to participating in this activity.

**By participating in this activity, you assume full responsibility for your safety and well-being. This includes waiving any claims that you may have against the Smithsonian Institution (including the National Museum of African American History and Culture, and its regents, staff, and representatives) and holding the Smithsonian harmless from any claim, cause of action, or liability arising caused in whole or in part by your participation in this activity and/or use of this activity as a teacher resource.**

**This resource is made available for personal, noncommercial, educational uses. Commercial and film uses will require additional permissions.**

© 2022 Smithsonian Institution



# SAFETY CHECK 1



**CAN YOU ANSWER YES TO ALL THE FOLLOWING QUESTIONS?**

- Are you are in a safe, clutter-free environment?
- Do you have enough space to complete the exercises by doing the following:
  - Can you lift your arms fully over your head?
  - Can you jump up and down and side to side?
  - Can you lay down fully extended without bumping into anything?
  - Is your floor space is clear of any objects that you may step on or bump into?

**IF YOU SAY NO TO ANY QUESTION, WE RECOMMEND YOU DO NOT PARTICIPATE IN THIS ACTIVITY.**



# SAFETY CHECK 2




## CAN YOU ANSWER YES TO ALL THE FOLLOWING QUESTIONS?

- Are you are wearing comfortable clothing that you can move and stretch in without it getting in the way? (We recommend removing shoes and socks if you are in-doors.)
- Will you read and understand the instructions for each exercise before performing it; or listen to your instructors directions?
- Will you listen to your body and respect your own limitations?
- Do you have or need a water bottle and either a yoga mat or towel (to be used under the knees)?

**IF YOU SAY NO TO ANY QUESTION, WE RECOMMEND YOU DO NOT PARTICIPATE IN THIS ACTIVITY.**

# SCHEDULE



DAY	THEME	WORKOUT	
1	UNFORGETTABLES	FULL BODY	<input type="checkbox"/>
2	OVERCOMERS	LOWER BODY	<input type="checkbox"/>
3	TRAILBLAZERS	CORE	<input type="checkbox"/>
4	GOLDEN LADIES	STRETCH	<input checked="" type="checkbox"/>
5	CHAMPIONS	UPPER BODY	<input type="checkbox"/>
6	GREATNESS	FULL BODY	<input type="checkbox"/>
7	COOL DOWN	REST	<input type="checkbox"/>

# USER GUIDE



The following exercises are meant to be performed as a circuit . Perform each of the daily exercises for the recommended time or number of repetitions with 30 seconds of rest between exercises. At the end of the circuit, rest for two minutes then repeat the circuit.

To meet your current level of fitness, you can increase or decrease the number of repetitions; increase or decrease the number of times you complete the circuit; and increase or decrease the resting period between exercises and between circuits.

These exercises are meant to be performed along with your breath . Make sure that you follow the breathing cues in the instructions and move slowly and consciously . For exercises where your knees are on the floor, pad your knees on either a yoga mat or a towel.

**Each day, background information on the highlighted Olympians is included and questions for you to consider. Some questions may require you to gather information outside of this source to help formulate an answer. You can enjoy this resource without answering these questions, but we strongly encourage you to engage with them to enhance your experience.**

All objects and images are part of the Collection of the Smithsonian National Museum of African American History and Culture, unless otherwise noted. Title slide additional credits: Uneven bar grips: Gift of Gabrielle Douglas; 1984 Olympic Gold Medal: Gift of the Carl Lewis Estate, © International Olympic Committee; Goalie gloves: Gift of Briana Scurry; Souvenir Program: Gift of the Rudolph Family in memory of Wilma Rudolph; Pair of White Figure Skates: Gift of Debra Janine Thomas; Olympic Swim Suit: Gift of Simone Ashley Manuel; Olympic Games: Finish of the 200 Meter Hurdle Race at 1904 Olympics...George Poage, Milwaukee Athletic Club, Third: Courtesy of the Missouri Historical Society, St. Louis.

# DAILY EXERCISE CIRCUIT



**Use this template as you go through the daily exercise circuit. Make sure that you read the instructions rest in-between the exercises.**

**BEGIN WITH PART ONE**  
and Read Introduction:

**Complete Exercise One**

(Rest 30 Seconds)

**Complete Exercise Two**

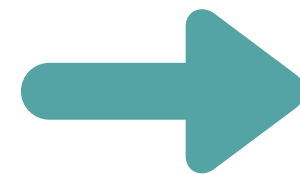
(Rest 30 Seconds)

**Complete Exercise Three**

(Rest 30 Seconds)

**Complete Exercise Four**

(Rest 30 Seconds)



**CONTINUE WITH PART TWO**  
and Read Introduction:

**Complete Exercise Five**

(Rest 30 Seconds)

**Complete Exercise Six**

(Rest 30 Seconds)

**Complete Exercise Seven**

(Rest 30 Seconds)

**Complete Exercise Eight**

(Rest 30 Seconds)



**FINISH THE DAY:**

**Walk/walk-in-  
place and drink a  
big glass of water.**



# DAY 4



## Golden Ladies: Stretch Workout

**2012 Summer Olympic Games (London, England)**

**Gabby Douglas**

**1960 Summer Olympic Games (Rome, Italy)**

**Wilma Rudolph**



# DAY 4 - GOLDEN LADIES

## GABBY DOUGLAS

At the 2012 London Olympics, gymnast Gabby Douglas became the first African American woman to win the gold medal in the one of the most high-profile events: the women's individual all-around competition. Gabby Douglas used the uneven bar grips, at the 2012 Olympics. She became the first American woman to win gold in both the all-around and team competitions at the same Olympic Games. It was also the first time that the United States won the all-around individual and team championship and the games.

**If you received a gold medal for a talent or skill, what would it be for? (This skill or talent does not have to be a sport. It can be anything!)**



UNEVEN BAR GRIPS USED BY GABBY DOUGLAS IN THE 2012 LONDON OLYMPICS

# DAY 4 - GOLDEN LADIES



GABBY DOUGLAS

## DAY 4 WORKOUT (PART 1)

Gymnasts don't just have explosive power, but they're flexible as well.

Stretching is an extremely important part of any exercise routine, and it warms up your muscles for movement and cools them down afterward. It will help make you a stronger, better athlete.

**1) STANDING SIDE BENDS X 5 BREATHS EACH SIDE**

**2) HIP OPENER FORWARD FOLD X 10 BREATHS EACH SIDE**

**3) WIDE-LEGGED FORWARD FOLD X 10 BREATHS**

**4) SPINAL FLEXION AND EXTENSION X 5 BREATHS**

**See instructions on next slides!**  
**Read all instructions before starting.**

# DAY 4 - GOLDEN LADIES



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 1) STANDING SIDE BENDS X 5 BREATHS EACH SIDE

- Begin standing with feet hip distance apart, grounding down into the feet evenly.
- Inhale and reach your arms toward the ceiling, reaching and spreading your fingers.
- Grip your right wrist with your left fingers. Inhale and extend up through your right arm.
- Exhale and bring your right arm up and over to the left.
- Keeping pressing evenly into both feet as you inhale to extend your arm and exhale to bend more deeply for five breaths. Make sure you do not collapse forward as you bend: roll your shoulders back and keep your chest open.
- Inhale to return to center and switch sides.

GABBY DOUGLAS





**REST 30  
SECONDS**

NATIONAL  
MUSEUM of  
AFRICAN  
AMERICAN  
HISTORY &  
CULTURE

Smithsonian



# DAY 4 - GOLDEN LADIES



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 2) HIP OPENER FORWARD FOLD X 10 BREATHS EACH SIDE

- Begin standing with feet hip distance apart, grounding down into the feet evenly.
- Cross your left foot in front of your right and make sure your feet are still hip distance apart and toes pointing forward.
- Inhale and lengthen your spine then exhale and fold forward, reaching your fingers toward the ground. Your left leg will have a slight bend in the knee, and your right leg will be straight.
- Make sure your hips stay facing forward: pull your left hip back and press your right hip forward. Breathe here for ten slow breaths.
- On an inhale, return to standing and switch the cross of your legs.

GABBY DOUGLAS



**REST 30  
SECONDS**

NATIONAL  
MUSEUM of  
AFRICAN  
AMERICAN  
HISTORY &  
CULTURE

Smithsonian

# DAY 4 - GOLDEN LADIES



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 3) WIDE-LEGGED FORWARD FOLD X 10 BREATHS

- Begin standing with feet hip distance apart.
- Inhale and step your feet wide apart, toes pointing forward. Lift your arms out to the sides – your ankles should be under your wrists.
- Place your hands on your hips and on an exhale slowly bend forward at the hips until your chest is parallel to the ground. Keep your spine long for one breath, then gently release your hands toward the ground and allow your spine to round and your head to hang loose.
- After ten breaths, place your hands back on your hips, bend your knees slightly, and inhale to rise back to standing.

GABBY DOUGLAS





**REST 30  
SECONDS**

NATIONAL  
MUSEUM of  
AFRICAN  
AMERICAN  
HISTORY &  
CULTURE

Smithsonian

# DAY 4 - GOLDEN LADIES



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 4) SPINAL FLEXION AND EXTENSION X 5 BREATHS

- Begin on all fours with wrists under shoulders and knees under hips, tops of the feet flat on the ground.
- Inhale to drop your belly and lift your head, collarbones, and tailbone, creating a deep curve in your spine.
- Exhale and round through your spine, dropping your head down to hang loose, creating a tall arch in your spine.
- Move between these two poses as you inhale and exhale slowly.

GABBY DOUGLAS





**REST 30  
SECONDS**

NATIONAL  
MUSEUM of  
AFRICAN  
AMERICAN  
HISTORY &  
CULTURE

Smithsonian

# DAY 4 - GOLDEN LADIES

## WILMA RUDOLPH

As a child, Rudolph was diagnosed with polio and wore leg braces for several years. Because medical facilities were segregated, her family traveled 90 miles several times a week to visit her doctors. Rudolph persevered and became one of America's greatest track stars. In 1960, at the Rome Olympics, Rudolph became the first woman to win three gold medals in track and field events at a single Olympic Games. When Rudolph returned home to Clarksville, Tennessee, she made her hometown integrate her victory parade and celebration.

**After reading about Gabby Douglas and Wilma Rudolph, what do you believe are two or three characteristics that makes a gold-winning Olympian?**



SOUVENIR PROGRAM FOR  
WILMA RUDOLPH DAY



# DAY 4 - GOLDEN LADIES



**WILMA RUDOLPH**

## DAY 4 WORKOUT (PART 2)

Every athlete has a special cool-down routine that allows them to stretch the muscles they've worked and release tension. An active rest day is similarly an extremely important part of exercise, and it allows the body to heal and reap the benefits of movement.

**5) VAJRASANA WITH TOES CURLED UNDER X 5 BREATHS**

**6) CRESCENT LUNGE X 5 BREATHS ON EACH SIDE**

**7) LAYING SPINAL TWIST X 10 BREATHS ON EACH SIDE**

**8) LEGS UP THE WALL/SAVASANA X AT LEAST 10 BREATHS**

**See instructions on next page!**  
**Read all instructions before starting.**

# DAY 4 - GOLDEN LADIES



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 5) VAJRASANA WITH TOES CURLED UNDER X 5 BREATHS

- Begin on all fours with wrists under shoulders and knees under hips. Curl all your toes under.
- Slowly begin to walk your hands back toward your knees and lower your hips toward your heels, then walk your hands up your thighs until your spine is tall and you can bring your hands together in front of your heart.
- Make sure you do not collapse your weight into your feet. Maintain a lift up through your spine.
- This can be a very intense stretch for the feet. If it is too much, keep your hands on the ground and just gently press your hips back toward your heels.

**WILMA RUDOLPH**



# REST 30 SECONDS

NATIONAL  
MUSEUM of  
AFRICAN  
AMERICAN  
HISTORY &  
CULTURE

Smithsonian



# DAY 4 - GOLDEN LADIES



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 6) CRESCENT LUNGE X 5 BREATHS ON EACH SIDE

- Begin on all fours with wrists under shoulders and knees under hips.
- Inhale and step your right foot forward between your hands, bending your knee and pressing your hips forward and toward the ground.
- Make sure your front knee does not go beyond your front ankle.
- Curl your back toes under and walk your left knee back slightly to move deeper into your hip flexor. Place your left knee on the ground.
- Keep your fingertips lightly braced on the ground for stability, and with every exhale focus on sinking your hips forward and toward the ground. Breathe slowly in and out.
- On an inhale, gently move back to all fours and switch sides.

**WILMA RUDOLPH**



# REST 30 SECONDS

NATIONAL  
MUSEUM of  
AFRICAN  
AMERICAN  
HISTORY &  
CULTURE

Smithsonian

# DAY 4 - GOLDEN LADIES



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 7) LAYING SPINAL TWIST X 10 BREATHS ON EACH SIDE

- Begin laying on your back and hug your right knee into your chest.
- Exhale and use your left hand to guide your right knee over toward the left.
- Keep your right shoulder on the ground and extend your right arm out to your side.
- Breathe deeply, gently twisting deeper on the exhales.
- Inhale to return to center and switch sides.

WILMA RUDOLPH



# REST 30 SECONDS

NATIONAL  
MUSEUM of  
AFRICAN  
AMERICAN  
HISTORY &  
CULTURE

Smithsonian



# DAY 4 - GOLDEN LADIES



The instructions below will help you perform each exercise. Remember, having proper form is more important than the number of repetitions you complete. You should stop when your form breaks down.

## 8) LEGS UP THE WALL OR SAVASANA X AT LEAST 10 BREATHS

- Finish today in a resting pose!
- For savasana: lay down flat on your back and extend your legs out long. Put your heels wider than hip distance apart and your arms away from your sides, palms facing up. Use your exhales to relax completely into the ground.
- For legs up the wall: Sit sideways with your butt against a wall. Roll onto your back and extend your legs up the wall. You can adjust your butt closer to or further away from the wall depending on how tight your hamstrings are.
  - **NOTE: IF YOU HAVE HIGH BLOOD PRESSURE OR GLAUCOMA, DO NOT PRACTICE LEGS UP THE WALL AND DO SAVASANA INSTEAD.**
- Come out of either pose by rolling gently to your side and pressing up to seated before standing.

**WILMA RUDOLPH**





# REST 30 SECONDS

NATIONAL  
MUSEUM of  
AFRICAN  
AMERICAN  
HISTORY &  
CULTURE

Smithsonian

## DAY 4 - GOLDEN LADIES



**FINISH TODAY WITH A SHORT  
WALK/WALK-IN-PLACE AND A  
BIG GLASS OF WATER!**



# SEE YOU NEXT TIME!

## DAY 5: THE CHAMPIONS

NATIONAL  
MUSEUM *of*  
AFRICAN  
AMERICAN  
HISTORY &  
CULTURE

 Smithsonian