

MOVING THROUGH HISTORY

THE OLYMPICS AND THE AFRICAN AMERICAN EXPERIENCE: DAY 5

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.

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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

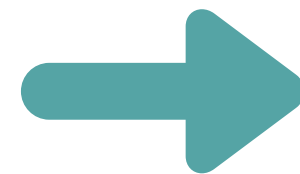
(Rest 30 Seconds)

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

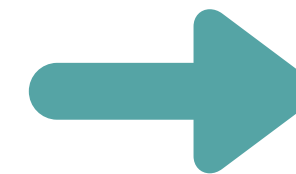
(Rest 30 Seconds)

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 5



The Champions: Upper Body Workout

1996 Summer Olympic Games (Atlanta, Georgia, USA)

Muhammad Ali

2016 Summer Olympic Games (Rio de Janeiro, Brazil)

Simone Manuel

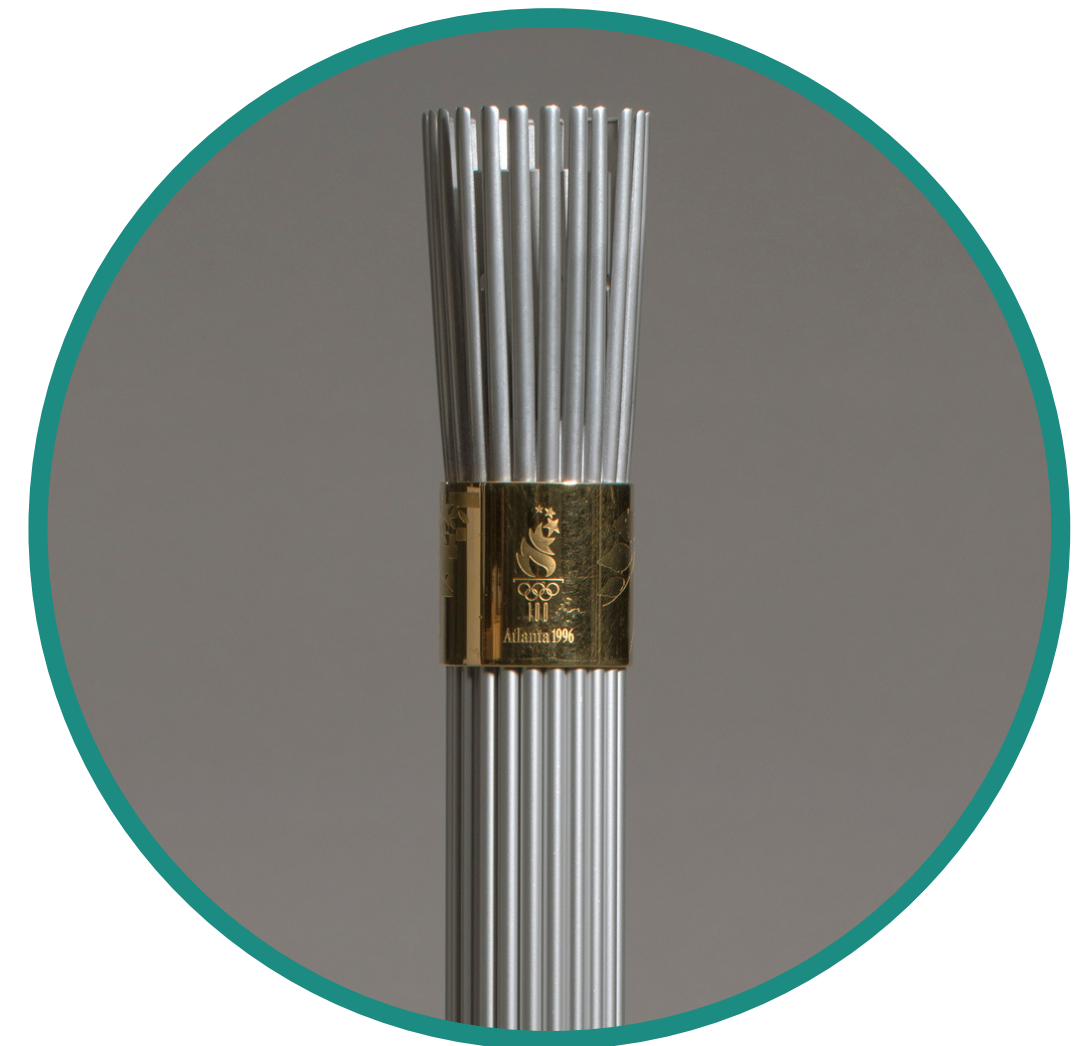


DAY 5 - THE CHAMPIONS

MUHAMMAD ALI

In 1996, the Summer Olympic Games were held in Atlanta, Georgia in the United States, a city with a large African American population and a city prominent in African American history. The city was promoted by then Atlanta mayor and former U.S. ambassador to the United Nations, Andrew Jackson Young. He wanted to showcase the city for its progression in civil rights and race relations, and to demonstrate a reformed American South. At the opening of the Games, the honor of lighting the cauldron was given to world-renown boxer, Muhammad Ali.

What makes a champion? What makes a champion in sports and in other areas of life? Who is a champion in your life and why?



**OLYMPIC TORCH FROM THE 1996
ATLANTA GAMES SIGNED BY
MUHAMMAD ALI**

DAY 5 - THE CHAMPIONS



MUHAMMAD ALI

DAY 5 WORKOUT (PART 1)

Muhammad Ali was known for his boxing skills as well as for lighting the torch at the 1996 Summer Games. Boxers need quick feet, a powerful upper body, and mobile shoulders and wrists.

- 1) QUICK FEET X 30 SECONDS PER CIRCUIT
- 2) REVERSE TABLE TO BUTT-BACK X 10 REPS PER CIRCUIT
- 3) TRICEPS DIPS X 10 REPS PER CIRCUIT
- 4) PUSH-UPS X 10 REPOS PER CIRCUIT

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

DAY 5 - THE CHAMPIONS



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) QUICK FEET X 30 SECONDS PER CIRCUIT

- Begin standing with your feet hip distance apart.
- Squat slightly and bend your arms.
- Pushing into the balls of your feet, lift and lower your feet, one at a time, as quickly as you can.
- Keep your spine straight and your chest open and remember to breathe as you land and push off from the balls of your feet.

MUHAMMAD ALI





REST 30 SECONDS

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DAY 5 - THE CHAMPIONS



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) REVERSE TABLE TO BUTT-BACK X 10 REPS PER CIRCUIT

- Begin seated on the ground. Bend your knees and place your feet on the ground hip distance apart. Place your hands on the ground behind you with fingers pointed toward your feet.
- Inhale, press into your hands and feet, and lift your hips up until your thighs and back are parallel to the ground. This is reverse table.
- Exhale, lower your hips, and bring your butt back by straightening your legs and pressing into your heels.
- Keep your hips hovering above the ground as you press into the ground with your hands.
- Inhale and push back into reverse table, then exhale and send your butt back. Continue moving with your inhales and exhales.
- **To start building strength: walk your feet further away from you.**

MUHAMMAD ALI



REST 30 SECONDS

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DAY 5 - THE CHAMPIONS



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) TRICEPS DIPS X 10 REPS PER CIRCUIT

- Begin seated on the ground. Bend your knees and place your feet on the ground hip distance apart. Place your hands on the ground beside your hips with fingers pointed toward your feet.
- Inhale and press into your hands and feet to lift your butt off the ground.
- Exhale and bend your elbows to lower yourself toward the ground, but do not let your butt touch. Keep your elbows hugging in toward your body.
- Inhale and press the arms back straight. Repeat, moving with your breath.
- **To challenge yourself: Place your hands on the seat of a chair and raise and lower yourself in front of the chair.**

MUHAMMAD ALI



REST 30 SECONDS

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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) PUSH-UPS X 10 REPS PER CIRCUIT

- Begin in plank position, wrists slightly wider than your shoulders and a straight line from your head to your feet. Drive your heels back.
- Engage your core and exhale to lower your chest toward the ground, bending your elbows out to the sides as you lower.
- Inhale and press back to starting position.
- **To start building strength: keep your knees on the ground.**
- **To challenge yourself: keep your elbows hugging in toward your body as you lower and lift.**

MUHAMMAD ALI





REST 30 SECONDS

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DAY 5 - THE CHAMPIONS

SIMONE MANUEL

At the 2016 Summer Olympics in Rio de Janeiro, Brazil, Simone Manuel became the first African American woman to win an individual medal in swimming. She won gold. She also set an Olympic and American record in the 100-meter freestyle. She won three other medals, one gold and two silver at the Games.

Research the athletic journeys and accomplishments of Muhammad Ali, Simone Manuel, and two or three other Olympic champions of your choice. Do you think the definition of an Olympic champion has changed or remained the same over time? Why?



OLYMPIC SWIM SUIT USED BY SIMONE MANUEL AT THE 2016 OLYMPICS

DAY 5 - THE CHAMPIONS



SIMONE MANUEL

DAY 5 WORKOUT (PART 2)

Range of motion and mobility are extremely important for swimmers. These exercises will warm up your shoulders and trunk and prepare you for taking on a 100-meter floor swim!

5) ARM CIRCLES X 10 REPS PER CIRCUIT

6) UPWARD DOG TO DOWNWARD DOG X 10 REPS PER CIRCUIT

7) PLANK WITH ARM LIFTS X 10 PER SIDE PER CIRCUIT

8) FLOOR SWIMMERS X 30 SECONDS PER CIRCUIT

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

DAY 5 - THE CHAMPIONS



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) ARM CIRCLES X 10 EACH DIRECTION PER CIRCUIT

- Begin standing with feet hip distance apart.
- Lift arms out to your sides until they are even with your shoulders. Keep your shoulders down and your chest open.
- Engage your core to stabilize your torso and rotate your arms in small clockwise circles. Isolate the movement to your shoulders.
- After ten, stop and move your arms in a counterclockwise direction.

SIMONE MANUEL



REST 30
SECONDS

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DAY 5 - THE CHAMPIONS



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) DOWNWARD DOG TO UPWARD DOG X 10 REPS PER CIRCUIT

- Begin on all fours with wrists under your shoulders and knees under your hips. Walk your hands forward a couple inches and curl your toes under.
- Exhale and lift your hips toward the sky. Press down into your hands and melt your heart back toward your thighs. This is downward dog.
- From downward dog, inhale and shift forward into plank. Drop your hips toward the ground and lift your chest up. Your thighs and hips will stay off the ground.
- Exhale, press into your hands and toes, and use your core to shift back to downward dog.
- Continue moving back and forth with your breath.

SIMONE MANUEL



REST 30
SECONDS

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DAY 5 - THE CHAMPIONS



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) PLANK WITH ARM LIFTS X 10 PER SIDE REPS PER CIRCUIT

- Begin in plank position, wrists under your shoulders and a straight line from your head to your feet. Drive your heels back.
- Engage your core to stabilize yourself and on an inhale lift your right arm and extend it straight out in front of you. Exhale and lower it back down with control.
- Repeat on the other side.
- **To start building strength: lower your knees to the ground.**

SIMONE MANUEL



REST 30
SECONDS

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DAY 5 - THE CHAMPIONS



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) FLOOR SWIMMERS X 30 SECONDS PER CIRCUIT

- Begin laying on your stomach on the ground with your legs together and arms extended in front of you.
- Inhale and lift your arms, head, and legs off the ground. Keep your neck long and look at the ground and extend your tailbone toward your heels. Exhale and stay lifted.
- As you inhale, swing your arms back toward your feet, swing them forward on the exhale; continue moving with your breath.
- Flutter kick your feet the whole time. **To start building strength: keep your legs on the ground and only lift your upper body.**
- After 30 seconds, exhale and lower to the ground.

SIMONE MANUEL



REST 30
SECONDS

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DAY 5 - THE CHAMPIONS



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

The background features a teal-tinted image of a smiling man in a blue jacket holding a trophy. To his right is a large, circular Olympic medal from the 1984 Los Angeles Games, which depicts a classical figure and the text 'XXIII OLYMPIAD LOS ANGELES'.

SEE YOU NEXT TIME!

DAY 6: GREATNESS

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