

MOVING THROUGH HISTORY

THE OLYMPICS AND THE AFRICAN AMERICAN EXPERIENCE: DAY 6

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 type="checkbox"/>
5	CHAMPIONS	UPPER BODY	<input type="checkbox"/>
6	GREATNESS	FULL BODY	<input checked="" 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

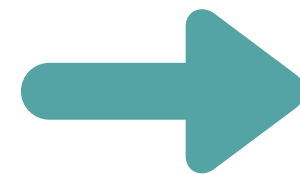
(Rest 30 Seconds)

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

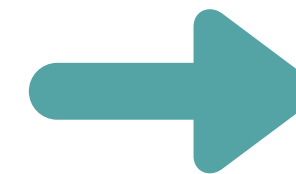
(Rest 30 Seconds)

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 6



Greatness:

Full Body Workout

1984 Summer Olympic Games (Los Angeles, California, USA)

Carl Lewis



DAY 6 - GREATNESS

CARL LEWIS

In 1999 the International Olympic Committee chose Carl Lewis as the “Sportsman of the Century”. During his Olympic career, Lewis earned nine gold medals and one silver medal. At the 1984 Games, he equaled Jesse Owens’s four-gold-medal performance at the 1936 Olympics. Lewis, who qualified for the 1980 Olympic team, missed out on an opportunity to win another medal when the United States decided to boycott the Games in Moscow, Russia.

Why do you think the committee called Carl Lewis the "Sportsman of the Century"? Do you agree? Are there any other past or present Olympians that you believe could have this title? Why?



1984 OLYMPIC GOLD MEDAL FOR
MEN'S LONG JUMP AWARDED
TO CARL LEWIS

DAY 6 - GREATNESS



CARL LEWIS

DAY 6 WORKOUT (PART 1)

Long jumpers need whole body speed, strength, and agility to leap as far as possible from the starting point. Lewis jumped 8.54 m (28 feet) to win the gold medal. These exercises will help you gain the strength and mobility to start long-jumping!

- 1) **STANDING VERTICAL JUMPS X 30 SECONDS PER CIRCUIT**
- 2) **SIDE PLANKS WITH TWIST X 10 PER SIDE PER CIRCUIT**
- 3) **JUMPING LUNGES X 5 PER SIDE PER CIRCUIT**
- 4) **SCAPULA PUSH UP X 10 REPS PER CIRCUIT**

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

DAY 6 - GREATNESS



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 VERTICAL JUMPS X 30 SECONDS PER CIRCUIT**

- Begin standing with your feet hip distance apart.
- Squat slightly and press down into the balls of your feet. Inhale, swing your arms forward and up, and jump straight up into the air.
- Land lightly on the balls of your feet in a slight squat as you exhale and reset, immediately jumping into the air again.

CARL LEWIS





REST 30 SECONDS

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DAY 6 - GREATNESS



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) SIDE PLANKS WITH TWIST X 10 PER SIDE PER CIRCUIT

- Begin in plank position, wrists under shoulders and a straight line from your head to your feet. Drive your heels back.
- Shift your weight to your right hand and drop both of your heels to the right. This is side plank. **To challenge yourself: stack your left foot on top of your right. To start building strength: bend your left knee and put your left foot on the ground in front of you.**
- Inhale and reach your left hand toward the ceiling.
- Exhale tap your left fingers on the ground.
- Continuing reaching up on the inhales and tapping your fingers down on the exhales. After 10, repeat on the other side.

CARL LEWIS



**REST 30
SECONDS**

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DAY 6 - GREATNESS



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 standing with your feet hip distance apart, hands on your hips.
- Inhale and step your right foot forward, bending your knee and pressing your hips forward and toward the ground.
- Make sure your front knee does not go beyond your front ankle.
- Push into your front foot and back toes and inhale to jump up, switching the position of the legs
- Exhale and gently land back on the ground with the opposite leg forward.
- Continue jumping and switching legs until you have completed five per side (ten total).

CARL LEWIS



**REST 30
SECONDS**

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DAY 6 - GREATNESS



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) SCAPULA PUSH UP X 10 REPS PER CIRCUIT

- Begin in plank position, wrists under shoulders and a straight line from your head to your feet. Drive your heels back.
- Keeping the arms straight, inhale and squeeze the shoulder blades together. Your chest will open and lower slightly toward the ground. Hold for 2 seconds.
- Exhale and spread the shoulder blades wide apart, rounding through the upper back. Hold for 2 seconds. Repeat.

CARL LEWIS



**REST 30
SECONDS**

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DAY 6 - GREATNESS

CARL LEWIS (CONTINUED)

Lewis won two gold medals in the men's 100-meter dash, one gold and one silver medal in the 200-meter dash, two gold medals in the 4 x 100-meter relay, and four gold medals in the long jump.



PHOTOGRAPH OF CARL LEWIS WITH HIS
FOURTH GOLD MEDAL AT THE LOS ANGELES
OLYMPICS

DAY 6 - GREATNESS



CARL LEWIS

DAY 6 WORKOUT (PART 2)

Long jumpers need whole body speed, strength, and agility to leap as far as possible from the starting point. Lewis jumped 8.54 m (28 feet) to win the gold medal. These exercises will help you gain the strength and mobility to start long-jumping!

5) THE BREAKDANCER X 10 PER SIDE PER CIRCUIT

6) SQUAT TO STAND X 10 REPS PER CIRCUIT

7) BURPEES X 10 REPS PER CIRCUIT

8) SEATED SINGLE-LEG TWIST X 5 BREATHS EACH SIDE

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

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

DAY 6 - GREATNESS



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) THE BREAKDANCER X 10 PER SIDE PER CIRCUIT

- Begin on all fours with your toes curled under.
- Engage your core and inhale to lift your knees a couple inches from the ground. Exhale here.
- Inhale, shift your weight to your right hand and left foot. Lift your left hand toward the ceiling as you twist your torso and kick your right foot out straight between the arm and leg still on the ground. You should be looking at the ceiling.
- Exhale and return to the starting position and switch to the other side, moving with your breath.

CARL LEWIS



REST 30 SECONDS

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DAY 6 - GREATNESS



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) SQUAT TO STAND X 10 REPS PER CIRCUIT

- Begin in a deep squat with your feet slightly wider than hip width apart, toes turned out and hips low to the ground. Place your hands on the ground in front of you.
- Inhale, press into your hands and feet and straighten your legs, shifting your weight onto your hands. **To start building strength: keep your knees bent.**
- Exhale and return to the deep squat.
- Move slowly and with your breath.

CARL LEWIS



REST 30 SECONDS

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DAY 6 - GREATNESS



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) BURPEES X 10 REPS PER CIRCUIT

- Begin standing with feet hip distance apart.
- Exhale, bend down and place your hands on the ground.
- Inhale and jump or step back to plank pose.
- Exhale and lower your chest toward the ground in a push up. **To start building strength: place your knees on the ground.**
- Inhale and press back up to plank and jump or step your feet forward to your hands.
- Exhale and push back to standing.
- Inhale and jump into the air.
- Exhale to land and re-set. Repeat.

CARL LEWIS



REST 30 SECONDS

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DAY 6 - GREATNESS



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

- Begin seated on the ground with your legs out long in front of you.
- Bend your left knee and place your left foot on the ground next to your right thigh.
- Inhale and sit up tall through the spine and engage your core.
- Exhale and twist to the left, wrapping your right elbow around your left knee and placing your left hand behind you for support.
- As you inhale, sit up tall through the spine, and as you exhale, twist a little deeper. If it's okay for your neck, look over your left shoulder.
- After five breaths on an exhale, unwind and return to center. Switch to the other side.

CARL LEWIS



REST 30 SECONDS

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DAY 6 - GREATNESS



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.

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

- Finish today in a resting pose! You earned it!
- For savasana: lay down flat on your back and extend your legs 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.

CARL LEWIS

DAY 6 - GREATNESS



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



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SEE YOU NEXT TIME!



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 for them to display important Olympic ideals—character, discipline, and intellectual capacity—before a worldwide audience.

DAY 7: COOL DOWN

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