

Hip Hop Step Workshop

Goals and Objectives:

1. Participants will learn and perform hip hop style step moves that can be used later in their step class.
2. Participants will experience how to incorporate faster pace hip hop music into a step class.

Anatomy of the class:

-Step allows participants to improve their cardiovascular endurance while performing low impact movements that reduces stress on the joints. This workout will target the lower body and engage stability from your core, in doing so we will improve your coordination and balance. This workout will combine a traditional step class with upbeat hip hop music and moves!

-Participants will need a step. The step does not need to have any risers. For regressions or participants with joint issues, they are able to use a mat in place of the step.

Safety forms and cues:

-Make sure to keep the entire foot on the step when stepping onto it. The heel should never be hanging off.

-Stay close to the step everytime you come down off it.

-Keep the top part of the body as straight as possible, not bending at the hips.

Playlist:

The playlist will be hip hop like songs that do not extend any higher than 132 bpms **

Examples of songs:

We dem Boyz - Wiz Khalifa

Anaconda- Nicki Minaj

Versace - Migos

Push it - Salt n Peppa

Sexy and I know it - LMFAO

Class outline:

Warm up:

First song will highlight popular moves we will do through the main workout. (~5-7 min)

- Basic Step
- Knee Corner
- Ham Corner
- Abductor lift
- V step
- Three knees

Workout: (~35 min)

Atleast five to six songs with each song having consistent moves that patrons can catch onto. (May cue as I go)**

Cool down: (~5-7 min)

Slower song to get the heart rate down and do proper stretches.

What you need to know:

This class will be a lot of fun and you may not even realize you are working out! Bring plenty of water and comfortable tennis shoes.