



## Corona fitness – Stay fit with hip hop dance (Kristian Holm Carlsen)

All over the world people are in quarantine or isolated, whole countries are shut down, and people lose their jobs. This is a big threat to our health, especial our psychological health. But since physical, psychological and social health is related, exercising at home has an important health effect. Dancing hip hop and other dances can be a fun and effective way to exercise.

When it comes to cardiac training it can be hard to get high intensity at home since most people do not have an indoor bike or a running machine. In regard, I did a small test where I compared the intensity for hip hop, zumba, aerobics, and shadow boxing; one 4-minute period for each of them. For the three dancing exercises I made a combination of four steps/moves; one minute for each of them. In accordance with high intensity intermittent exercise, I started with the lightest step/move the first minute for the 4-minute periods of dancing. All steps/moves were carefully chosen in order to give high intensity, but not too much muscular fatigue. Conclusion:

- 1) I did not manage to get the same intensity for none of these four types of exercises as I do when running 4 x 4 minutes, which often is considered as the gold standard in order to increase our maximal oxygen uptake. During 4 x 4 minutes exercise I normally get 10-12 minutes between 85–95 % of maximal heart rate.
- 2) However, I manage to get an intensity of 80-85 % for most of them. This is not too bad considering that you can do these exercises in your living room. I got the highest intensity with aerobics, followed by shadow boxing, hip hop and zumba (se figure below). The average heart rate for the 30 minute exercise, including warm up and 2 minutes pauses between each period, was 70 % of maximal heart rate.
- 3) I recommend hip hop dance. First, it gives god exercise. Second, it is coordinative difficult, which in turn stimulate our brain. And when you first master them, you will feel good. Mastering new skills is highly recommended in the situation we are in now. Third, when this corona crisis is over, you have learned some moves that can make you look good on the dance floor and give you more friends. In regard, hip hop gives you better physical, psychological and social health. The steps I chose were Running man, Party machine, Happy feet, and Brooklyn. You can see three of them here:

<https://www.youtube.com/watch?v=mpiv2ac2ZdA>

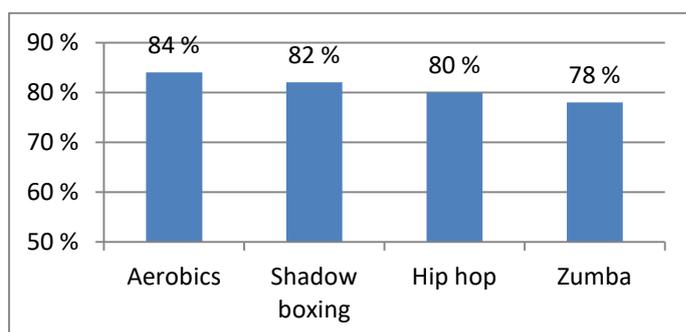


Figure nr. 1: The heart rate in percents for each period of 4-minute for the four different exercises. I got the highest heart rate from aerobics with 84 % of maximal heart rate.