Workout playlist:
https://open.spotify.com/playlist/1qX94etM9rCt9qmNi78nMo?si=ulVDPMEISF2S-0_KZD4rkQ

Song list:
Proud Mary (Tina Turner)
Physical (Dua Lipa)
Indian Summer (Jai Wolf)
Blinding Lights (The Weeknd)
Fermata (Girls Generation-Oh!)

Pam Sari (PS):
Hello, everyone! This is Pam Sari from Purdue University Asian American and Asian American and Cultural Center. For our wellness topic today, I'm joined by a Purdue University student, Filza. Hi Filza, how are you doing today?

Filza A (FA):
Very well, how is your quarantine going?

PS:
Good, trying to stay home, stay healthy. I hope you are staying well as well.

FA:
I am, thank you.

PS:
Thank you for making the time for this recording. Can we maybe start with an introduction from you?

FA:
Hello, my name is Filza A. I am currently a Ph.D. student in the Hospitality and Tourism Management Department. I also am a graduate instructor at the Brian Lamb School of Communication. I do research in community tourism in Southeast Asia, where I am from, in Jakarta, Indonesia in particular.

PS:
That is awesome. I have been interested in your research. I've been enjoying talking with you about your experiences and research in Indonesia and also in Nepal. Just love listening to you speaking about that. And, on different occasions, we have also talked about your passion in the area of wellness. Would you like to speak a little bit about that?

FA:
Sure! I think, you know, I think wellness has always been important. I've never really been, you know what you call a "gym rat." I love going to exercise, but it wasn't until I found spin where I really found, you know, my love of exercising. I grew up somewhat dancing and I've always loved, like, rhythmic exercises but I realize that doing a lot of cardio and, you know, a little bit of strength gives me what I need to kind of fuel my day on campus. That includes countless hours of brain work, so to speak, so, you know, that and food fuels my body to then do my job. And I think it's an integral part of my life and I really encourage, you know, a lot of my friends and my colleagues to do the same.

PS:
Right, it is awesome, just the inspiration that you have been sharing with others including today! Today you will demonstrate for us some of your workout routines, right, using what is available at your home. Thank you for doing this.

FA:
Of course. Do you

PS:
Everyone.. Oh, go ahead, sorry.

FA:
Do you want me to talk a little bit about it?

PS:
Yes, yes. I would like to preface, everyone, by saying that, so, these features are meant for examples and inspirations of what our students, their professional goals and their personal goals and passions. And we understand that everyone has different needs so before you start this exercise, we would like you to consult with your primary care physician and, right, health professionals to determine what exercise will suit you. So Filza, please take over from here.

FA:
Sure. So, I find it really really encouraging to have a very short and sweet workout routine. So obviously I used to, I am used to spinning at a studio or perhaps going on short runs. Nowadays with social distancing and self isolating, it is very hard to do so, and it is very demotivating for me to be alone at home as a lot of us are because we are doing our part in this pandemic and solving you know the problem, that, at hand. So, I really like short and over workouts that are rhythmic. And I think that's perfect because a lot of us will have to go back to work. And if you find that exercising really helps you fuel your brain and motivate you to work, but you find that a lot of the workout routines very draining, I think that 15 to 20 minute workouts are perfect for you. And you would still have the ability to kind of go back and do a lot more cardio after work, or you know, when you have time in the evening. I should preface this by saying, too, that I am not a fitness instructor. I do have a lot of friends that do that, and I do take a lot of inspiration from, you know, a lot of my friends that do this full time. However, I think that they should serve
as inspiration for you and please, please modify it as you need. I do recommend that, you know, not to push yourself in these kinds of exercise. I like to push myself because I do this all the time and a lot of the times, you know, I do the same thing over and over again, that's where you can push yourself. But if this is your first time trying it out then, you know, please just, I want you to feel comfortable and modify it as you need and have fun, first and foremost, right? I think that is all I have to say before we start.

Now, I will incorporate a few things. The way that I kind of do my workout, and especially for today, is that I do it based on songs. So we'll do it in the most rhythmic way possible. Every song will have its kind of core move, and then we will just modify it and modify around it. So there will be one song that will focus on squats and kind of different modifications of squats. And then there's one song that will focus on push-ups and we'll kind of, we'll modify around that as you go through the song. So this not only will make it easier for you to follow, but it will also help you kind of fatigue those different muscle areas, and hopefully get a good workout out of it and see results eventually. It will be a 15 to 20 minute workout. I believe that the playlist will be posted on the AAARCC website so if you want to go back to that, you can. It will be pretty, a little sweaty and you may kind of double it up if you want, a 30 minute workout, or triple it up. That's that.

I will incorporate weights because I am used to it but you may drop them if you don't have it or if you prefer not to use it, but this will probably be in the second half. I have these four pound weights that I will be using. If you still want a little bit of weight incorporated in your workout, I suggest getting yourself your canned goods. And I'm sure we have these because we are in self isolation. This is really helpful if you want a little bit of weight but, you know, you either may or may not have the equipment or you want something a little lighter, so this is perfect. I would say that this is maybe half to one pound. So, this is great. If you want something a little heavier, I would say a milk jug would do. This is already you know maybe half I would suggest one gallon but whatever you have that would help you have a, you know, a better workout than not having anything at all, would really be helpful.

I guess with that, we'll just start and I will kind of, in the middle of in between songs I will kind of give you an idea of what we are going to do. Again I may sometimes forget but I'll try my best to kind of preview, you know, my workout routine and hopefully will start doing it.

The first will just start with kind of a slow warm-up and then go from there. If you don't have a mat that's okay. I do recommend that you do. You may not be able to see me that well but we'll just try our best.

You want to start by rolling out your shoulders backwards...elbows out… and we're going to have just a wide stance.

You're going to move your knees towards the right and to the left and right. Together fall down, touch your toes and if you can't, go as far as you can. Go up, bend down again. Up, Down
Up and Down. It’s going to go really fast, so we’re just going to run about. Next step we’re going to do high knees so what you’re going to do is touch your knees to your hands and run about. We’re going to do short intervals to get our body warmed up and run about. High knees….run about. Next time we’re going to do high knees and it’s going to be a lot longer. 30 seconds….halfway. Alright, breathe, and we’re going to go back. Okay, Alright so we’re going to get warmed up. Do you feel your body a lot warmer now hopefully. We’re going to move on to the next song and start the exercise. This will go on and on so let’ just move on from here. So this is where it gets truly

Now this song will revolve around squats. The best way to do a squat is to bend your body over, bend your knees, and go to a straight stance onto your quads. Okay we’re going to do a lot of that and we’ll take you to modify around it so follow my sayings and you’ll be good to go! Okay, it’s okay if you’re a little late, we’re just going to go with it. We’re going to be here a little bit. Pause. Smaller squat position, stay there, and then again squats

15:00 - 20 min
Go a little lower, and get that 90 degree angle on your leg. Pause again. Alright break. We’re going to have a 10 second break and then move on to lunges. You’re going to do a lunge. Keep that 90 degree angle and go right and then left. A little faster this time, Couple more. Go back to the squats. Pulse. A little more and break. You got it!

For the next one, we are going to do a round of pushups. I’m going to move the camera so you can see what’s going on. Hopefully you’re feeling it as much as I am, but we gotta keep going. A couple things, you can do your pushups on your foot or on your knees, I’m going to try to do in my knees because that’s the best result I can get for my body and towards the end, I would like to do push ups supermans, I would like for everyone on their feet because we’re going to do a little stretch in between. If you can do it all on your feet, great! Please do that, I feel a lot more comfortable. And we’re going to do slow push ups. Pause. Move your butt and break. Do a yoga pose. Go back and break. Nice job! For this next one, we’re going to do the superman pushups. Do a whole push up and then do a superman. Up, Down, Superman,. Up, Down, Superman, One more, Up, Down, Superman, Do a high plank for me. Hold it. Make sure that your legs are parallel to the palm of your hands. A little more, and next step, we’re going to try your hand on your opposite shoulder. Don’t move your hips too much. Go back to the superman pushup.

20:00 - 25:51

FA:
Go back to superman push-up up down up down and break a little bit of a child pose. We are breaking anyway so. Nice job. We need a second song. We have one more exercise song and then we’re going to stretch . Alright so this time we are going to go to a lot of punches..so..as I said before I will have your weights ready or your canned goods or other weights. We are gonna
do punches with these but if you don’t want it or it is too much for you, you can drop it. Drop it anytime you want.

It’s gonna be a full body workout so we are gonna start with normal punches. You want to move your entire body forward. As you punch you kinda bend a little bit in between. Alright we are gonna go around and side punches that you really slow here back to punches keep doing that. Next time we are going to incorporate legs bring your leg up punch punch punch punch punch punch punch punch punch punch punch punch Go back again around really slow. Are you ready when it hit the chorus go back with the kick punch a little further now. I guess it’s a lot better though pheww go back to punches. Alright next we gonna incorporate the triceps so what we are gonna do is raise the weights up put your hand so they are unified position and then use your triceps lift the weights up make sure this part does not move three more Alright you can drop your weights down..your body

Nice job!! Alright so that was a short 15 minutes work out that you can do anywhere. If you don’t have the time to run I don’t know about you but I am sweating right now so hopefully it is beneficial to everybody uhmm and please I guess you can email me if you have any questions uhmm please modify it as you need and I hope everybody have fun so and it will be posted on the AAARCC website if you like to do it over and over again in the future.okay.

PS:
Thank you Filza! That was quite a nice exercise and I am glad I do that with you

F:
I am surprised with myself too! And I am sorry there was a bit of an error..but I think everybody got the idea so I apologize.

PS:
Well Thank you so much again. I hope you have a great rest of your day. Stay healthy. Stay well.