



ZUMBA[®]

**INCREDIBLE
SLIMDOWN**

PROGRAM GUIDE

WELCOME!

WELCOME, AND CONGRATS ON TAKING AN INCREDIBLE STEP IN YOUR FITNESS JOURNEY!

People always ask me – can you really “party yourself into shape”? My response is always the same – YES! With Zumba® fitness, you really can.

The Zumba® program isn't just a “workout”, it's a journey where you shake, wiggle, strut your stuff, experience an endorphin blast and actually SEE RESULTS. Zumba® changed my life and I'm excited to see what it will do for you. Here is my story:

Six years ago, I was living the life I had always “planned” as a stay at home mom. But I was so busy trying to be a good wife and mother that I stopped taking care of me. I was stressed (ok, near breakdown city)

with a colicky baby, sick of listening to kid-music, and spending too much time on the couch. Life was good, but I knew something was missing. Where did my energy go? What was my purpose?

Then a door opened up, one that would change my life forever and for good. I stepped into a Zumba® class and fell in love. I felt my body moving to the music and, before I knew it, I had completely let go. I continued taking classes I gained confidence, I felt carefree and liberated, and this started spilling over into my everyday life. I found new energy and purpose- and more importantly I looked in the mirror and saw ME again.

Millions of people all over the world are experiencing the same thing every single day. There are stories of physical and emotional transformations, of those overcoming health ailments and impairments- lives being completely changed by the Zumba® program.

Now it's your turn. How will Zumba® fitness impact your life? Let's get started and find out!

Let It Move You™,



KASS MARTIN

Zumba® Education Specialist since 2011
zumbastories.com






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01

ALL ABOUT
ZUMBA[®]
FITNESS



WHAT IS ZUMBA® FITNESS?

**ZUMBA® IS MORE THAN A
FITNESS PROGRAM; IT'S A MOVEMENT.**

It's laughing through your sweat. It's smiling in the mirror. It's breaking free from what you thought exercise had to be and relishing in every single, sweaty moment in class and out. The perfect combo of fitness and fun has made Zumba classes a worldwide phenomenon. But it doesn't just move you physically — Zumba moves you to live a happier, healthier life.

GET INSPIRED!

So many others have started their Zumba® journeys just like you. Snag a little motivation from reading their stories.

VISIT [ZUMBASTORIES.COM](https://www.zumbastories.com)



02

**WORKIN' ON
YOUR
WORKOUT**

GET READY FOR INCREDIBLE SLIMDOWN

ARE YOU READY TO LOOK AND FEEL INCREDIBLE?

Easy-to-follow moves combined with the fun that only Zumba® can bring will have you dancing your way fit in this interval-style, calorie-burning party. Have a blast and see results faster as you shake, shake, shake your way to a healthier, happier you. Everything you need to get started is right here in this package.

QUICK START

This disc breaks down the basic salsa, cumbia, merengue and samba steps to get you started.

20 MINUTE EXPRESS

Featuring steps taught in Quick Start, this calorie-torching workout challenges the entire body in just 20 minutes, making it perfect for those who are on-the-go or a little tight on time.

SUPER CARDIO DANCE PARTY

Featuring Cardio Burst Intervals

Kick up the fat-burning power of Zumba® dance-fitness steps by adding short Cardio Burst intervals! These fun, high-energy, 30-second bursts don't take over, they just spice it up with some extra fat-burning effectiveness.

ZUMBA® MAX

Join Beto, creator of the Zumba® program, and get ready to sweat it off with a super high-energy live class, featuring fast-paced music and crazy fun dance moves designed to burn tons of calories.

LATIN BURST

Shake it to the sounds of merengue, salsa, reggaeton and more. This cardio burst interval fiesta will spice up your workout and yield results in a fraction of the time.

SOLE CONTROL WRAPS

Slip 'em on over your shoe and transform any shoe into a dance shoe. Zumba® Sole Control Wraps allow you to slide, pivot and turn with ease.



✂ Cut along the dotted line and take your workout calendar with you!

WORKOUT CALENDARS THAT WORK

WE'VE CREATED 2 WORKOUT PLANS TO GET YOU ON YOUR WAY TO SEEING RESULTS.

Follow the workout plan that fits your fitness goals and schedule. These are just suggestions, you are free to use your favorite workouts in whatever order you prefer. The one exception is that you should avoid working the same muscle back-to-back to allow for muscle recovery. The key is being consistent and having a blast!

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------|---------------|---------------------------------|-------------------|---------------------------------|--------------------------|-------------------|-------------------|--------------------------|
| BODY SLIMMING | WEEK 1 | QUICK START & 20 MINUTE EXPRESS | 20 MINUTE EXPRESS | REST | ZUMBA® MAX | 20 MINUTE EXPRESS | REST | ZUMBA® MAX |
| | WEEK 2 | LATIN BURST & 20 MINUTE EXPRESS | REST | SUPER CARDIO DANCE PARTY | ZUMBA® MAX | REST | 20 MINUTE EXPRESS | LATIN BURST |
| | WEEK 3 | ZUMBA® MAX | REST | LATIN BURST & 20 MINUTE EXPRESS | ZUMBA® MAX | REST | 20 MINUTE EXPRESS | LATIN BURST |
| | WEEK 4 | 20 MINUTE EXPRESS | REST | ZUMBA® MAX | SUPER CARDIO DANCE PARTY | ZUMBA® MAX | REST | SUPER CARDIO DANCE PARTY |

✂ Cut along the dotted line and take your workout calendar with you!

WORKOUT CALENDARS THAT WORK

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------|---------------|---------------------------------|---------------------------------|---------------------------------|--------------------------|--------------------------|---------------------------------|--|
| MAX BURN | WEEK 1 | QUICK START & 20 MINUTE EXPRESS | 20 MINUTE EXPRESS | ZUMBA® MAX | REST | SUPER CARDIO DANCE PARTY | ZUMBA® MAX | REST |
| | WEEK 2 | ZUMBA® MAX | LATIN BURST & 20 MINUTE EXPRESS | SUPER CARDIO DANCE PARTY | REST | ZUMBA® MAX | SUPER CARDIO DANCE PARTY | REST |
| | WEEK 3 | LATIN BURST | ZUMBA® MAX | 20 MINUTE EXPRESS | SUPER CARDIO DANCE PARTY | ZUMBA® MAX | LATIN BURST & 20 MINUTE EXPRESS | REST |
| | WEEK 4 | SUPER CARDIO DANCE PARTY | ZUMBA® MAX | LATIN BURST & 20 MINUTE EXPRESS | REST | SUPER CARDIO DANCE PARTY | LATIN BURST & 20 MINUTE EXPRESS | 20 MINUTE EXPRESS & SUPER CARDIO DANCE PARTY |

THE SCIENCE OF CARDIO BURSTS

INTERVAL TRAINING IS A POWERFUL WEIGHT LOSS AND CARDIO ENHANCING TOOL -

alternating harder and easier bouts within a single workout. The idea is that you can put out a much more intense effort for 30 seconds than you can for 30 minutes, so by sprinkling in a few 30-second bursts, you'll get a better overall workout in less time. Sound too good to be true? It's not.

SCIENTISTS HAVE PROVEN THAT CARDIO BURSTS...

BOOST YOUR FAT BURN

Training with intervals, or Cardio Bursts, can increase your fat burn in just two weeks.

BURN MORE IN LESS TIME

Adding Cardio Bursts can give you the fitness benefit of over 10 exercise hours a week in less than three.

BURN MORE, LATER

Cardio Bursts demand more post-exercise recovery, meaning you burn more calories post-exercise than low or moderate intensity workouts.

INCREASE HEALTH BENEFITS

You can not only lose weight, but also improve your cardiovascular health and reduce risk of heart disease and diabetes.

ARE FOR ANYONE, AND EVERYONE

Cardio Bursts aren't only for the super-fit - even new exercisers can benefit.

READY TO GIVE IT A TRY?

*Pop in Super Cardio
Dance Party or Latin Burst
to fire up your fat burn!*



TRAINING TIPS AND TECHNIQUES

THERE'S NO RIGHT OR WRONG WAY

to do Zumba® moves, but there are some things you can do to make sure your workout is as safe and effective as possible.

BEGIN WITH THE BASICS

If you're new to the Zumba® program, start with the Quick Start DVD for a step-by-step guide to the basic Zumba steps.

WEAR PROTECTIVE FOOTWEAR

Comfortable shoes with good arch support and cushioning work best. Try cross-trainers, or check out the specially designed shoes on zumba.com for 360 degree support.

WATCH YOUR FORM

As with any exercise program, it's important to maintain proper form to achieve maximum results. Pay attention to the specific on-video instructions to ensure you are doing each workout safely.

GO AT YOUR OWN PACE

Stop and take a break if you need to catch your breath. If you're new to exercise, or new to the Zumba® program, follow along with the modifications during each workout until you're ready to move on.

MAKE ROOM

Clear out a large enough space so you can move freely and comfortably.

YOUR TRAINING ZONE

UTILIZE YOUR PERSONAL TRAINING ZONE FOR MAXIMUM RESULTS

Depending on your fitness level, the Zumba® program delivers a moderate to very challenging workout. You can monitor your intensity level by using the Rate of Perceived Exertion (RPE) chart, or “Talk Test.” The rating is determined by how hard you perceive your effort to be while exercising. It will let you know when it’s time to turn down the intensity or pick up the pace. Before beginning a workout, please consult the




Training Tips and Techniques on page 11. If you find yourself tiring during a workout, take a break to catch your breath and keep moving by walking around the room. When you are ready to begin again, increase your intensity slowly and continue to monitor your exertion. The more you do the Zumba® workout, the more your body will adapt and the easier the program will become.



THE RATE OF PERCEIVED EXERTION CHART

HOW TO USE YOUR RPE CHART

During your cardiovascular workouts, follow this easy guide:

-  = WARM-UP: RPE 3-4
-  = CARDIO SECTION: RPE 5-8
-  = COOLDOWN: RPE 1-3



Maintaining this level requires little to no effort; talking is very easy.



Maintaining this level requires some effort; talking is easy.



Maintaining this level requires more effort; talking is possible, but not easy.



Maintaining this level requires a substantial amount of effort; talking is possible, but becomes more difficult.



Maintaining this level requires an extreme amount of effort; talking is not possible. This level is not recommended.

Consult with your doctor before beginning this or any other fitness routine. If you feel faint or dizzy at any time during the workout, discontinue the workout and notify your physician.



03

POST-WORKOUT
WIND-DOWN

TOTAL BODY STRETCH GUIDE

MUSCLE RECOVERY STRETCHES

keep your muscles and joints flexible, and helps reduce soreness and the possibility of injury.

Perform the following routine after your Zumba® workouts. Hold each stretch for 15 to 30 seconds without bouncing. Be sure to breathe throughout the stretch, never holding your breath.



01

OVERHEAD ARM STRETCH

Stand with your feet shoulder-width apart. Relax your shoulders, then interlace your fingers in front with your palms facing out. Slowly lift your arms up toward the ceiling. Hold the stretch for 15-30 seconds and repeat 3-5 times.



02

CHEST STRETCH

Stand with your feet shoulder-width apart. Roll your shoulders down and back, then interlace your fingers behind your back, palms facing up. Slowly lift your hands until you feel a slight tension. Keep shoulders back and posture straight. Hold the stretch for 15-30 seconds and repeat 3-5 times.



03

NECK STRETCH

Stand with your feet shoulder-width apart. Place your right hand on the left side of your head. Slowly and gently pull your head toward your right shoulder. Hold the stretch for 15-30 seconds and repeat on the other side. Repeat stretch 3-5 times.



04

SHOULDER STRETCH

Stand with your feet shoulder-width apart. Bring your right arm across your chest and place it on your left shoulder. Cup your right elbow with your left hand, then gently pull your elbow to the left side. Hold the stretch for 15-30 seconds and repeat on the other side. Repeat stretch 3-5 times.

05

QUADRICEPS STRETCH

Stand with your feet shoulder-width apart. Shift your body weight to the left as you grab your right ankle or forefoot and pull it behind you toward your buttocks. Keep a straight posture. Hold the stretch for 15-30 seconds and then switch legs. Repeat 3-5 times.



06

CALF STRETCH

Stand with feet staggered in a lunge-like position with your left foot forward and right foot back, toes pointed straight ahead. Place your hands on your hips, then bend your left knee forward while keeping your right leg straight (push right heel to the floor). Hold the stretch for 15-30 seconds, then switch legs. Repeat stretch 3-5 times.

07

HIP FLEXOR STRETCH

Stand with your feet staggered in a lunge-like position with your left foot forward and right foot back, toes pointed straight ahead. Bend the right knee, releasing the heel off the floor, and gently press through the front of the right hip, feeling the stretch in the right upper leg. Hold the stretch for 15-30 seconds, then switch legs. Repeat 3-5 times.



08

HAMSTRING STRETCH

Stand with your feet shoulder-width apart. Bend your left knee to lower yourself down as far as you can. At the same time, extend your right leg in front of you, toes lifted, and pull your right foot towards your body. Place both hands on your hips for support and keep a straight line from head to tailbone. Hold the stretch for 15-30 seconds, then switch legs. Repeat 3-5 times.



CARING FOR YOUR ZUMBA® SOLE CONTROL WRAPS

CARING FOR YOUR ZUMBA® SOLE CONTROL WRAPS

CAUTION: For maximum effectiveness and safety, follow these instructions.

Store at room temperature to extend the life of the Zumba® Sole Control Wraps. Keep the Sole Control Wraps away from direct heat, and prevent prolonged

exposure to extreme temperatures or direct sunlight. Hand wash the Zumba® Sole Control Wraps with mild soap every few weeks and allow them to air dry.

WEAR INSTRUCTIONS

When using Zumba® Sole Control Wraps, place the band between your arch and the ball of your foot for a smooth glide.

To increase ability to glide, slide wrap closer to your toes. For greater grip, slide wrap further back over your sneaker towards ankle.

When using the Zumba® Sole Control Wraps, have fun dancing (of course!) but also use control and put your safety first. Please test before beginning any activity.

IMPORTANT SAFETY INFORMATION

CAUTION: To reduce the likelihood of injury, follow the safety information in this document.

Inspect the Zumba® Sole Control Wraps for damage before each use. If there are tears or any other visible damage, discontinue use.

The Zumba® Sole Control Wraps are not toys. Zumba® Sole Control Wraps are not suitable for children under 12 years old.

Use the Zumba® Sole Control Wraps only as instructed. Do not use with other exercise programs or for any other uses. Intended for personal use only, not for commercial use.





ARE YOU READY TO PARTY LIVE?

FIND A CLASS AT
[ZUMBA.COM](https://www.zumba.com)

SAFETY INSTRUCTIONS

CAUTION: Failure to follow these warnings may result in serious injury. Owner must ensure that all users are instructed on these warnings prior to use.

Consult your physician before starting this or any exercise or nutritional program. If at any time during

the exercise you feel faint, dizzy or experience pain, discontinue the workout and immediately notify your physician. The training presented in the workout instructions is in no way intended as a substitute for medical counseling.