



ZUMBA[®]

TONE UP

PROGRAM GUIDE

WELCOME!

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

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

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

I've always struggled with my weight, ever since I was young. I was a size 14 and felt completely insecure about my looks. When I had my kids, I gained over 70 pounds! As much as I hated it, I had no choice but to hit the gym

and go on a strict diet. One of those “please don't make me go” days at the gym, I walked into a Zumba® class not knowing at all what it was. From the moment they hit play and the music started playing I fell in love. I had never been a dancer, but the class allowed me to feel FREE and move my body, and for the first time ever I enjoyed working out. The class flew by, and I knew then this was something I could stick to.

It's been 8 years and I'm still in love with the program. It allows me to enjoy getting and staying fit, and most importantly, Zumba® helped me become a more confident person.

BEFORE ZUMBA® FITNESS

“It's been 8 years, and I'm still in love with the program...”



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™,

Loretta Bates

LORETTA BATES

Zumba® Education Specialist since 2009
zumbastories.com






TABLE OF CONTENTS

01 ALL ABOUT ZUMBA® FITNESS	4
WHAT IS ZUMBA® FITNESS?	5
02 WORKIN' ON YOUR WORKOUT	6
GET READY FOR ZUMBA® TONE UP	7
WORKOUT CALENDARS THAT WORK	8
TRAINING TIPS AND TECHNIQUES	10
YOUR TRAINING ZONE	11
03 POST-WORKOUT WIND-DOWN	13
TOTAL BODY STRETCHES	14
CARING FOR YOUR ZUMBA® TONING STICKS	19



01

ALL ABOUT
ZUMBA®
FITNESS

A woman with long dark hair is laughing joyfully, her head tilted back and eyes closed. She is wearing a dark purple top and a gold necklace. In the background, other people are visible, some with their hands raised, suggesting a group fitness class.

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 ZUMBA® TONE UP

THE ULTIMATE ARM PARTY!

Targeted dance-fitness moves will have you sculpting your arms, chest and back while having the best time ever. Everything you need to get started is right here in this package, and all leads to a happier, healthier YOU! Feel confident. Feel stronger. Look amazing.

TONING 101

Learn the basic Zumba® Toning steps needed to get you headed towards some serious fun and results.

TARGET AND TONE: SHOULDERS/BACK

Lift, sculpt and work your back and shoulders with this targeted dance-fitness class.

TARGET AND TONE: BICEPS/TRICEPS

Target your tri's, bi's and overall upper body as you sculpt, dance, sweat and shake-shake-shake! Rock result-driven moves and have some fun.

ZUMBA SENTAO®

Using a chair as your dance partner, this routine combines strength training, resistance training and innovative dance moves to deliver a fun, fat-burning, total body workout.

30 MINUTE BURN

Move, shake it and feel the burn with a high-energy, calorie-torching live class experience. Latin and World rhythms will keep you comin' back for more.

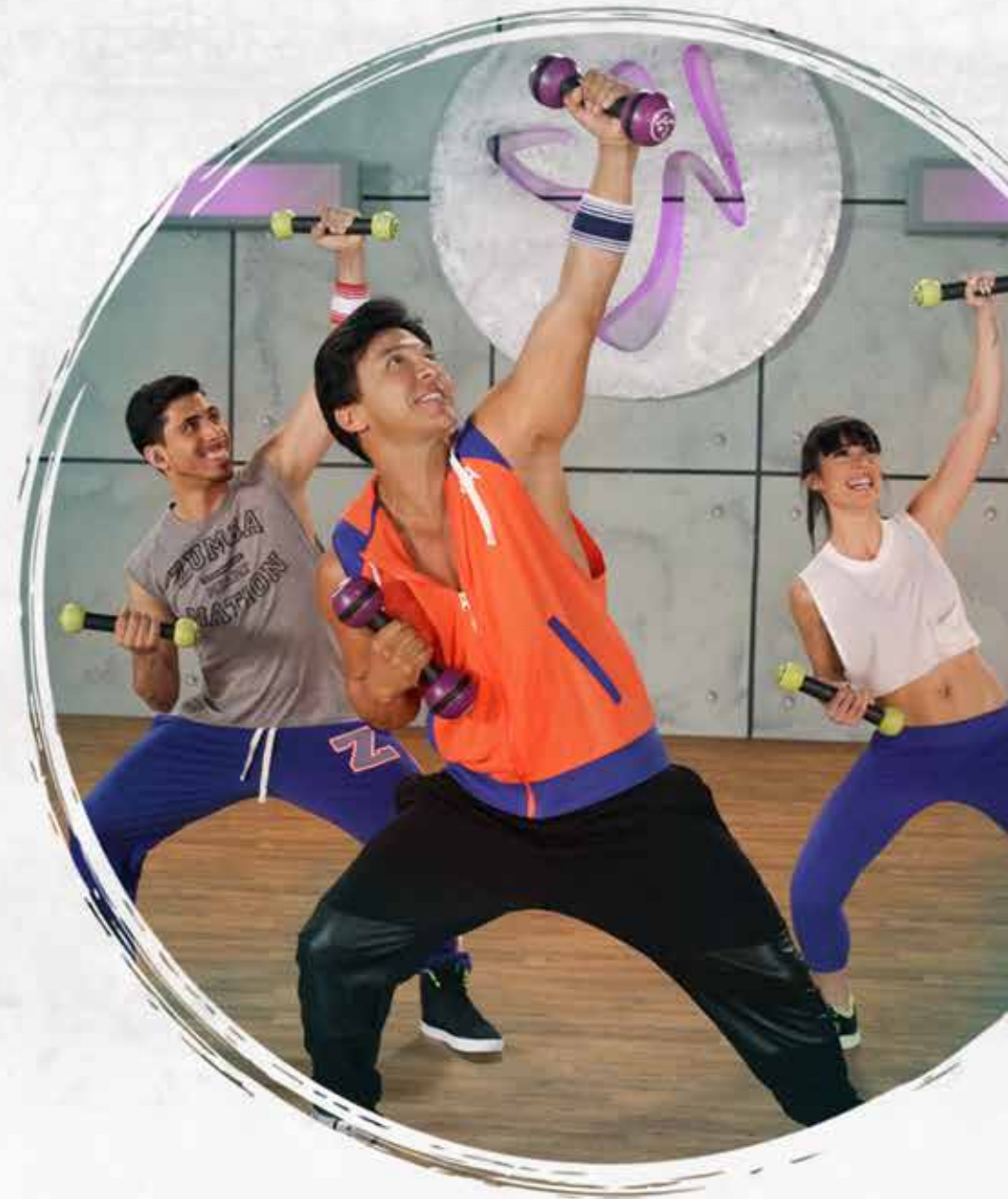
AMAZING ABS

A 15-minute ab workout using Zumba Sentao® chair techniques to target all core muscles.

This workout pairs the spiciest dance-fitness steps with hard-working ab moves for some serious core conditioning.

2.5LB ZUMBA® TONING STICKS

Sculpt and shake it to the beat with maraca-like weights.



✂ 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
SLIM & TONE	WEEK 1	TONING 101 & 30 MINUTE BURN	TONING 101 & SHOULDERS/BACK	REST	30 MINUTE BURN	TONING 101 & BICEPS/TRICEPS	REST	ZUMBA SENTAO®
	WEEK 2	SHOULDERS/BACK	REST	ZUMBA SENTAO®	BICEPS/TRICEPS	REST	30 MINUTE BURN & AMAZING ABS	ZUMBA SENTAO®
	WEEK 3	REST	30 MINUTE BURN & AMAZING ABS	SHOULDERS/BACK	REST	BICEPS/TRICEPS & 30 MINUTE BURN	ZUMBA SENTAO® & AMAZING ABS	REST
	WEEK 4	SHOULDERS/BACK	BICEPS/TRICEPS & SHOULDERS/BACK	REST	ZUMBA SENTAO®	BICEPS/TRICEPS & SHOULDERS/BACK	REST	30 MINUTE BURN

✂ 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 & SCULPT	WEEK 1	TONING 101 & 30 MINUTE BURN	TONING 101 & SHOULDERS/BACK	REST	30 MINUTE BURN	TONING 101 & BICEPS/TRICEPS	ZUMBA SENTAO®	REST
	WEEK 2	BICEPS/TRICEPS & 30 MINUTE BURN	ZUMBA SENTAO®	SHOULDERS/BACK & 30 MINUTE BURN	REST	BICEPS/TRICEPS & SHOULDERS/BACK	30 MINUTE BURN & AMAZING ABS	ZUMBA SENTAO®
	WEEK 3	30 MINUTE BURN & AMAZING ABS	SHOULDERS/BACK	ZUMBA SENTAO® & AMAZING ABS	REST	30 MINUTE BURN & BICEPS/TRICEPS	ZUMBA SENTAO® & AMAZING ABS	30 MINUTE BURN & SHOULDERS/BACK
	WEEK 4	ZUMBA SENTAO® & 30 MINUTE BURN	SHOULDERS/BACK	30 MINUTE BURN & AMAZING ABS	REST	ZUMBA SENTAO® BICEPS/TRICEPS	ZUMBA SENTAO®	BICEPS/TRICEPS & SHOULDERS/BACK

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

Start with Toning 101 for a step-by-step guide to the basic Zumba® Toning steps and quick tips regarding your Toning Sticks.

GO AT YOUR OWN PACE

If you are new to exercise, or new to the Zumba® program, follow along with the modifications during each workout until you're ready to progress. Feel comfortable knowing that you can do all the moves without any weights at all. You can also begin by using the Toning Sticks for a few songs, adding more songs as you feel ready.

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, maintaining proper form is important for achieving maximum results. Pay attention to the specific instructions to ensure you do each workout safely.

HOLDING THE TONING STICKS

Hold the Toning Sticks gently, but firmly. Squeezing or over-gripping can cause inflammation injuries to forearms, hands and fingers.

MAKE ROOM

Clear out a large enough space so you can move freely and comfortably. Place your Toning Sticks a safe distance away from you or off to the side so that you don't trip on them. Be sure to cross them so they don't roll.

ALTERNATE MUSCLE GROUPS

Industry guidelines recommend alternating muscle groups when working out on consecutive days. Give your body at least one day of rest when working out the same muscle group.

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 10. 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

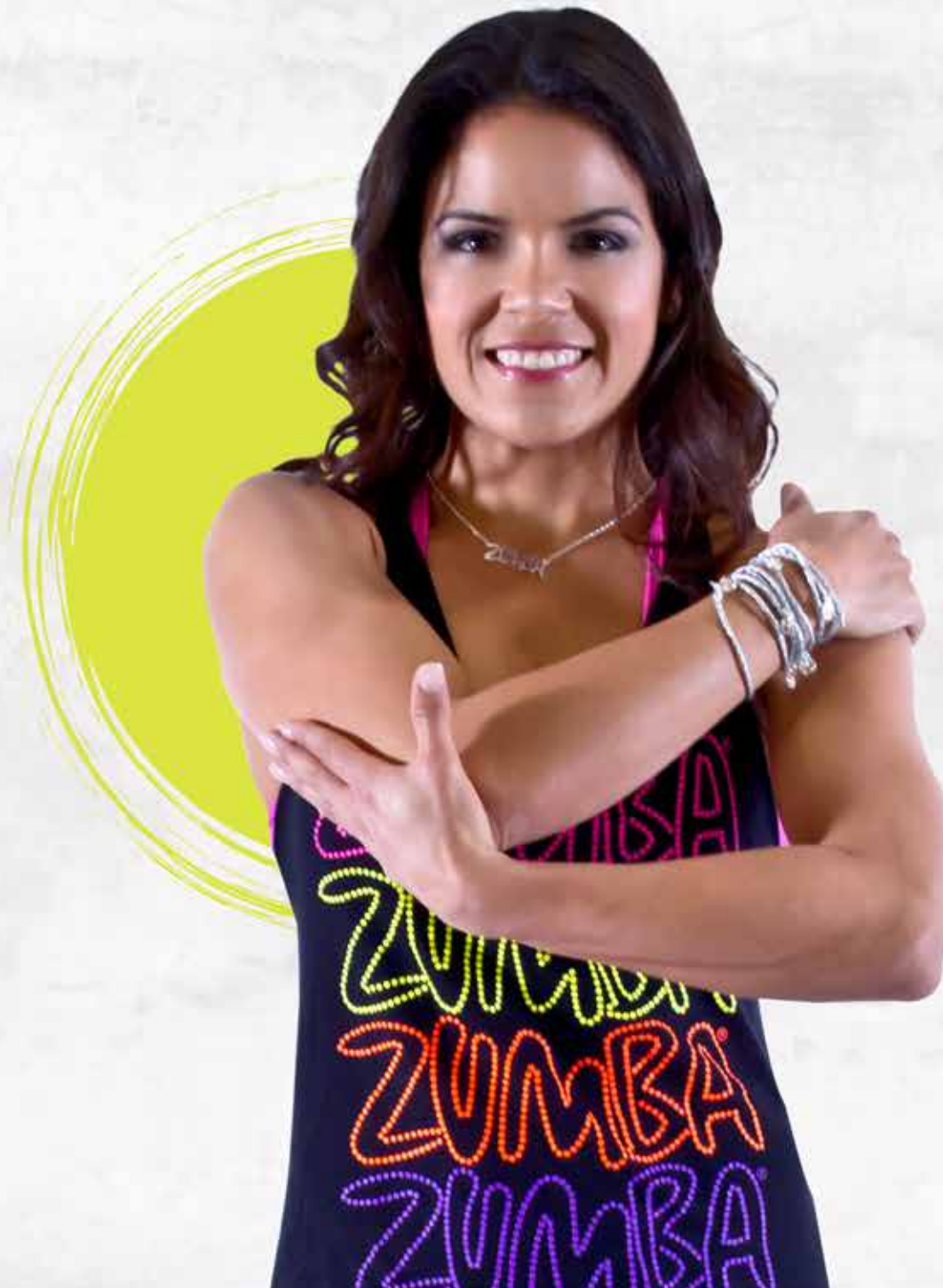
Stand with your feet shoulder-width apart. Place your right hand on the left side of your head. Slowly and gently pull your head toward your right shoulder. Hold the stretch for 15-30 seconds and repeat on the other side. Repeat stretch 3-5 times.



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

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.



06

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.

07

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.



08

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.



CARING FOR YOUR ZUMBA® TONING STICKS

CARING FOR YOUR ZUMBA® TONING STICKS

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

Store at room temperature to extend the life of the Zumba® Toning Sticks. Keep the Toning Sticks away from direct heat, and prevent prolonged exposure to extreme temperatures or direct sunlight.

Clean the Zumba® Toning Sticks with a soft, damp cloth only. Do not use soap or harsh chemicals.

IMPORTANT SAFETY INFORMATION

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

Consult your physician before starting this or any exercise or nutritional program. If at any time during exercise you feel faint, dizzy, or experience pain, discontinue the workout and notify your physician. The training presented in the workout instructions is in no way intended as a substitute for medical counseling.

Inspect the Zumba® Toning Sticks for damage before each use. If end caps are loose or there is other visible damage, discontinue use. The actual weight of your toning sticks may vary within 0.1 lb.

The Zumba® Toning Sticks are intended for home use only, not for commercial use.

When holding the Toning Sticks, grasp them securely in the middle of the stick. Avoid holding with tension

in the fingers or wrist. Be aware of keeping the wrists firm (like a pipe), also known as neutral wrist. When working with Zumba® Toning Sticks, have fun with the sound, but also use control, not letting momentum and speed override safety.

The Zumba® Toning Sticks are not toys. Keep the Toning Sticks and all accessory pieces away from children at all times. Toning Sticks contain small parts and can be a choking hazard.

Use the Zumba® Toning Sticks as demonstrated in the Zumba fitness workout instructions. Only use Zumba® Toning Sticks as intended.

Do not use with other exercise programs or for any other uses.





ARE YOU
READY
TO PARTY
LIVE?

FIND A CLASS AT
ZUMBA.COM