

Table of Contents

I. Zumba® Introduction.....	1
What is the Zumba® Program?	1
Benefits of Zumba® Fitness.....	2
About Zumba Fitness, LLC	2
About Beto	2
II. The Science of the Zumba® Program	4
Physiology of Exercise Classes	4
Benefits of Different Training Techniques.....	4
Physiology of the Zumba® Program: Intermittent Training.....	5
Psychology of the Zumba® Program	5
Monitoring Exercise Intensity	6
III. The Warm-Up & Cooldown.....	8
Purpose of the Warm-Up	8
Purpose of the Cooldown.....	8
Instructor Safety Tips	9
IV. Zumba® Music Essentials	10
Music Selection	10
Class Application.....	10
Flow of Music.....	11
Music Licensing.....	11
V. The Zumba® Formula.....	12
The Three Elements of the Zumba® Formula	12
Anatomy of a Song.....	12
VI. Zumba® Basic Steps.....	15
Zumba® Basic Steps for Merengue	16
Zumba® Basic Steps for Salsa	18
Zumba® Basic Steps for Cumbia	20
Zumba® Basic Steps for Reggaeton	22
VII. Creating a Choreography	24
Creating a playlist.....	25
VIII. Cueing	26
IX. Getting Started on Your Career Path.....	27
X. Equipment Considerations.....	29
XI. Zumba® Instructor Support & Information.....	31
XII. References	32