



# SESSION HANDOUT

## Warm Up/Cool Down

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### Presenter

Tony Witt

### Schedule

15 min: Intro Warm Up Theory, Purposes, Safety Concerns, and Music

60 min: 3 sections of a Zumba Fitness Warm Up, Dos and Don'ts  
Direction and Timing, How to have infinite possibilities

15 min: Pre-Cool Down, Cool Down, and Stretching Theory

15 min; Stretching Dos and Don'ts

15 min: Final wrap-up/Q&A

(Total: 2 hours)

### Session Objective

- Refine or Refresh you skills to provide not only a fun warm up and cool down, but also safe and appropriate movements for your Zumba® Fitness class.
- Provide Choreography tips and options to give you countless variations in movements.

### History & Background

The Zumba® Fitness Basic Skills Level One Training Course provides Zumba Instructors all the necessary tools to start teaching a Zumba class. Instructors come from all backgrounds. Some from the fitness world, some are dancers, and some are students of a current Zumba class. During the Basics Skills Training, you learn about many different facets of teaching. How to listen to music with Zumba ears, which way to move your hips in cumbia, what the cumbia rhythm sounds like, how to access your ZIN benefits, and the proper format of a class including a warm up and cool down. It is a lot to take in for one or two days. In this session, we will focus on perfecting your skills and understanding of the 2 most important elements of a Zumba® class, the warm up and cool down.

You will walk away knowing why these 2 sections are so important for a safe workout. We will practice basic techniques, alignment, class control, and progression into and out of the Zumba® dance portion of the workout. Music, direction, timing, and patterns will be discussed and practiced so you have an infinite amount of unique warm up ideas to keep your class fresh without feeling repetitive.

### Application of Movement

The American College of Sports Medicine (ACSM) recommends that the warm-up portion of the class consist of 5-10 minutes of low intensity large muscle activity, gradually progressing to the lower end of Intensity prescribed for the session. The warm-up is designed to:

- Increase blood flow
- Raise the core temperature
- Stretch your core or postural muscles
- Loosen the joints, ligaments, and tendons
- Decrease the risk of injuries
- Preview movements or activities from the workout

### Step Touch

| Upper Body                                      | Rhythmic   | Direction   |
|---|--|---|
| Biceps<br>Triceps<br>Chest<br>Shoulders<br>Back | Singles<br>Double Taps<br>Single Single Double<br>One or Both Arms | Side Together Side<br>Travel Forward/Back<br>Goal Post<br>4 Walls |

### Cardio

| March   | Lateral                            | Mambo   |
|---|------------------------------------|---|
| Travel Forward/Back<br>V-Step<br>Chasses<br>Jog/Run<br>Arms | Grapevine<br>Skips<br>Hops<br>Arms | Single Leg<br>Step-Ball-Change<br>Box<br>Mambo Triple<br>Arms |

### Toning/Fitness

| Upper   | Core  | Lower                     |
|---|---|---------------------------|
| Biceps<br>Triceps<br>Chest<br>Shoulders<br>Back | Standing Crunch<br>Core Rotation<br>Oblique Crunch<br>Pelvic Tilt | Squats<br>Lunges<br>Lifts |

ACSM recommends that the cool-down portion consist of 5 minutes of diminishing intensity and 5 minutes of stretching. Moderate to low activity in the cool-down is designed to allow the body to return to a normal state and create the ideal state for stretching the muscles used in the workout. Doing a proper cool-down also helps to prevent muscular and cardiovascular injuries. It is extremely important to stretch all the muscle groups used:

- Neck
- Upper & Mid Back
- Deltoids
- Chest & Arms
- Core
- Quads & Hamstrings
- Gluteal & Hip Regions
- Calves, Ankles, & Shins

Proper alignment, muscle isolation, and controlled movement in the warm-up and cool-down phase will help to decrease injuries as well as prepare the body for the workout itself.

- Don't lock your elbows or hyperextend the elbow joint
- Core to be tucked in to help keep the spine in line
- Control or avoid any major twist or torque in the core
- Knees over your ankles not toes in a squat or lunge position
- Avoid twisting your knees away for the direction of travel

## Music Recommendations

Music is the Key ingredient in a Zumba Fitness Class. From the smooth earthy melodies of a salsa, to the hard hitting beats of Reggaeton, music just sets the tone and feel of the class. Having the right music for your warm-up and cool-down also sets the right energy for the Zumba Experience. You want to create an energizing blood pumping intro to get the party started. Emotional serenity and relaxation is the key to end a class on a positive note. Many styles of music work perfectly for a warm-up. Keep these things in mind:

- If you choose a typical "latin" dance style of music for you warm-up, remember that this is still the warm-up and avoid the "dancy" movements until your body is ready for it during the work-out
- You may choose to have a long mix of music, separate songs blended together or overlap, or choose to do one song at a time for your sections of your warm up.
- Avoid too long of breaks between your warm-up segments.
- The Zumba Formula of music is still very important, but musically in the warm-up it may be necessary to repeat movements or keep the same types of moves for different parts of the music to ensure you properly prepare your body.

## Choreography Music and Timing Notes

The Power of 4! Most of the music utilized in a warm-up is made up of a 4/4 timing. Breaking up the beats will allow unique patterns as well as being able to emphasize parts of the music. It could be the use of single, single, double. Or 3 step touch and 1 squat.

Directional changes will also give you an opportunity to work on agility or preview a more complicated step pattern coming up late in the workout.

#### References

ACSM's (American College of Sports Medicine) Guidelines for Exercise Testing and Prescription 8th edition. (Walter Thompson, Neil F. Gordon, and Linda S Pescatello, editors). Baltimore, MD: Wolters Kluwer/Lippincott, Williams, & Wilkens; 2010.

Zumba® Fitness Basics One Manual