



# Mastering the Warm-up and Cool Down

**Stephanie Masceri**

Zumba Education Specialist, USA

SESSION HANDOUT

## Presenter

Stephanie Masceri

## Schedule

5 min: Introduction, Key Points and Objectives  
10 min: Warm-up theory  
40 min: Warm-up practice, tips  
10 min: Cool down theory  
40 min: Cool down practice, tips, choreography  
15 min: Questions/Answers  
(Total: 2 hours)

## Session Objective

Get your students pumped up and ready to party - and then leave them on a high! Mastering the warm-up and cool down is essential to delivering a safe, effective and exhilarating experience. This session will help ZIN™ members learn how to teach safe, fun and effective warm-up and cool down segments in their Zumba® fitness classes.

## 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 Basic Skills Training, you learn about many different facets of teaching; which way to move your hips in salsa, 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 warm up and cool down, so you walk away knowing why these two sections are so important to a safe workout. We will practice basic techniques including 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 ideas to keep your class fresh without feeling repetitive.

## Recap:

A Zumba® fitness class consists of three parts

1. Warm-up
2. Zumba® routines using intermittent training
3. Cool Down (Recovery and stretch)

## The Warm-up

This section should last 10-15 minutes and consist of three parts

1. Step Touch- with arm and foot placement variations
2. Cardio- pulse raiser, add intensity, direction and larger range of motion
3. Toning- muscle activation and joint lubrication

### Purpose of the warm-up:

To prepare the body and mind for what is about to happen. This means:

1. Slowly increase the heart rate
2. Raise the core body temperature
3. Enhance blood flow
4. Prepare muscles for performance
5. Increase joint range of motion and function
6. Lubricate the joints
7. Decrease risk of injury
8. 50% intensity of 100% intensity of class
9. Introduce or preview movements that will happen later in class
10. Get to know your participants, their fitness and coordination levels
11. Connect with your students and get them into the party mood

### Tips for the Warm-up:

1. Music - \* see below for music tips
2. Continuous vs. stacked vs. to the music
3. Safety is key - \*\* see below for safety tips
4. Keep it simple but fun
5. Engage with your students
6. Cue
7. Smile!

\* When it comes to music for your warm-up, remember this is the start of the party. You want music that will get people energized and excited about your class. Songs that people know and can sing along to work very well to get them in the party mood. These can be songs you hear on the radio now, or oldies they know and love. Look for songs that have a strong beat and even flow. For the cardio and toning piece, you may even consider ones that have 3-4 parts that repeat in an even pattern, in which you can apply the Zumba® formula. You may use any rhythm as long as you remember to keep the movements basic and warm-up appropriate, and not to “dance” around too much. Some instructors will choose to have one long mix verses three individual songs. When doing that, make sure you spend enough time on each section to properly and slowly warm-up the body. Check out the Zumba® DJ App to make your own mixes!

\*\* For safety, 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 engaged to help keep the spine in line and support the lower back
- Control or avoid any major twist or torque in the core and knees
- Knees over your ankles not toes in a squat or lunge position
- Avoid twisting your knees away for the direction of travel

### Recommended Music: *(all songs can be found on iTunes)*

Summer, Calvin Harris  
 Roll Wid Di Don, Sean Paul  
 Dare, Shakira  
 Dance, Voice Mail  
 Crank It Up, David Guetta and Akon  
 Work Work, Britney Spears  
 Timber, Pitbull feat. Ke\$ha  
 Sweat, Casely, Lil Jon & Machel Montano  
 Pump up the Volume, Sonny Flame  
 Suave (Kiss me), Nayer

## The Cool Down

This section lasts about 8-10 minutes and is made up of two parts:

1. Recovery- moderate to low intensity song to gradually reduce heart rate
2. Stretch- properly aligned stretch segment for all muscle groups used throughout the class

### Purpose of the cool down:

To bring the body and mind back to their normal state. This means:

1. Help to decrease muscle soreness
2. Aid recovery
3. Gradually lower the heart-rate
4. Reduce risk of blood pooling
5. Stretch muscles to return them to their pre-exercise state

### Tips for the Cool Down

1. Music- slower or softer beat to help calm the mind
2. If you don't remember which muscle groups you stretched try working from bottom to top!
3. Do not lower your head below the level of your heart to avoid dizziness
4. Use stretches that are safe for the general public - remember safety tips from warm-up, they apply here as well
5. Static stretches (held), not ballistic (bounce within stretch)
6. Move around your class to check proper alignment and correct posture
7. Use your personality to keep people engaged. This is your grand finale and your class should WANT to stay till the very end - it also means that any people waiting for the next class might be tempted to come try yours!!

### Recommended Music *(all songs can be found on iTunes unless otherwise noted)*

#### Recovery

Santa Maria (Tango), Gotan Project  
Arabian Myth (Belly Dance), ZIN Vol 26 and Basic 1 Mash-Up CD  
Happy (Pop), Pharrell Williams  
Wanna Be Startin' Something (Hip-Hop, mix), Akon  
Tu Amor (Bachata), Luis Fonsi  
El Chico del Apartamento 512 (Cumbia, Salsa), Selena  
L-O-V-E (Foxtrot), Nat King Cole

#### Stretch

Show Me, Bruno Mars  
Fever, Beyonce  
Hotel California, Rhythms del Mundo  
Taste of India, Aerosmith  
Boombastic, Shaggy  
Mirrors or Pusher Love Girl, Justin Timberlake