



# SESSION HANDOUT

## WarmUp/Cool Down

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## **SESSION HANDOUT**

### **Presenter**

Hermann Melo

### **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 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 boost, 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 to 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
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<b>Biceps</b> <b>Triceps</b> <b>Chest</b> <b>Shoulders</b> <b>Back</b>	<b>Singles</b> <b>Double Taps</b> <b>Single Single Double</b> <b>One or Both Arms</b>	<b>Side Together Side</b> <b>Travel Forward/Back</b> <b>Goal Post</b> <b>4 Walls</b>
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## Cardio

## Toning/Fitness

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

ACSM recommends that the cool-down portion consist of 5 minutes of diminishing intensity and 5 minutes of stretching. Moderate to low activity in

Upper	Core	Lower
<b>Biceps</b> <b>Triceps</b> <b>Chest</b> <b>Shoulders</b> <b>Back</b>	<b>Standing Crunch</b> <b>Core Rotation</b> <b>Oblique Crunch</b> <b>Pelvic Tilt</b>	<b>Squats</b> <b>Lunges</b> <b>Lifts</b>

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. You don't need it to be 'techno' as a lot of people like to continue to experience the melodies of Latin-America by attending your Zumba® classes. If you feel it necessary to play International Rhythms, remember this too is OK as you have 30% to work with.

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 your warm-up, remember that this is still the warm-up and avoid the "jerky" 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. Try adjust them via your iTunes 'settings' or by your Zumba® DJ app so you don't break the cycle of your warm-up.

- The Zumba<sup>®</sup> 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.

Doing **warm up exercises** before your workout is important in many ways. A good warm up will gradually increase your heart rate, increase circulation to your muscles, tendons and ligaments, and mentally prepare you for your workout. Although warm ups and stretching generally occur in the beginning of a workout session, they are two different concepts.

### The Importance of Warm Up Exercises

The importance of warm up exercises can be compared to driving your car in freezing cold weather. It is generally best to allow your car to warm up a bit before revving it up to high speeds. The same principle applies when you work out. You want to physically prepare your body

for the demands of a strenuous workout by gradually increasing your body temperature.

## **Warm Up to Increase Blood Circulation**

When you give your body 5 to 10 minutes of a good warm up, through walking or jogging in place for example, you gradually increase blood circulation throughout your muscles, tendons and ligaments. This is much like oiling a squeaky wheel. You give the different aspects of your physiology a chance to prepare to work together. Your heart rate increases gradually. Your muscles warm up to prevent injury. Your ligaments and tendons become more flexible, reducing the chance of tears.

## **The Difference Between Warm Up Exercises and Stretching**

Although warm up exercises and stretching are often lumped together in discussions and sometimes occur simultaneously in dance and aerobics classes, they are two distinct principles. Both are important for an optimal workout. During warm up exercises, you are increasing your body temperature and slowly preparing your body for what is to come. When stretching, you are focusing specifically on stretching your muscles.

It can be problematic when people confuse warming up with stretching. One example is when a person jumps right into stretching without first raising his body temperature through an initial period of walking, running in place or easy pedaling on a bike. This can cause injury because your muscles need warmth to achieve optimal stretch.



Another example is when an individual warms up but skips stretching, which can also lead to injury.

A good workout consists of a solid warm up, a period of stretching, a more strenuous portion increasing the heart rate and a cool down period, which often includes stretching. When you take the time to experience each of these workout segments, you will experience fewer occurrences of injuries, and increase your workout enjoyment.

#### 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