



# SESSION HANDOUT

## Zumba® Burst

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## SESSION HANDOUT

### Presenter

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### Schedule

10 min: Intro

20-30 min: Breakdown of steps

30-60 min: Class

20 min: Wrap up/ Q&A

(Total: 2 hours)

### Session Objective

#### **What is Zumba® Burst?**

The Zumba® Burst program will fuse high intensity training concepts with electrifying fitness exercises into the well-recognized Zumba Fitness® formula, for a cardio boosting workout. The Zumba® Burst program will give participants that extra drive, sweat and burn.

## 2014 ZUMBA INSTRUCTOR CONVENTION

### Who can do Zumba® with Burst

This class is designed for the time conscious Zumba® participant that wants to maximize their work out in an efficient and effective way.

### Why try Zumba® with Burst

The benefits of Zumba® Burst are the following:

- It can be adapted for all levels of fitness
- It is a time efficient workout
- It maximizes caloric expenditure
- It improves overall fitness levels

### Application of the Zumba® with Burst

- **Fitness Movements that increase intensity**

*Squat Variations-* Squats are total body exercises that predominately recruit the legs, core and back. They utilize large muscle groups to increase intensity.

*Jump Squat-* This movement requires core stabilization and strength in the larger leg muscles. This fitness movement increases intensity by using large muscle groups to perform the squat; and from the added velocity in the jump.

*Sports Run-* This simple movement alternates lifting each foot completely off the ground as quickly as possible as if you were running in

place. Here you are increasing velocity which will increase intensity.

*Side Shuffle*- The side shuffle is essentially a traveling squat position. This fitness movement increases intensity by using large muscle groups to perform the squat; and from the added velocity in the side shuffle.

*Jumping Jacks*- This movement has a fast and propulsion components, increasing velocity and therefore increasing intensity and heart rate.

*Knee lifts with a hop* - This movement is requires flexion at the hip and knee toward the front of the body. It utilizes the large muscles of the legs and speed to increase intensity.

*Pendulum leg swings* – This movement is comprised of hip abduction (away from the body) of one leg and then quickly switching to the other leg.

### **When to progress/regress a movement?**

Cognitive	REGRESS to an easier variation
Associative	No REGRESS no PROGRESS
Autonomous	PROGRESS to a more challenging intensity

### **Methods for measuring heart rate and monitoring intensity**

1. A simple way to monitor heart rate is to use a heart rate monitor.
2. Karvonen Method

3. Monitor heart rate using pulse.
4. Rate of Perceived Exertion (Borg's Scales).
5. Monitor intensity with the Talk Test.

## Class Design

A Zumba® Bursts class:

- Incorporates fitness movements during burst segments
- Includes up to 3 bursts per song (NO burst in the warm up/cool down)
- Uses the Zumba® Formula
  - **Sample class format**
  - Warm up – One song. Do not include any burst here. (3:00)
  - Song 1 – Three burst during the three chorus segments (4:00)
  - Song 2 – One long burst, during the break (3:30)
  - Song 3 – Three burst during the verses (3:30)
  - Song 4 – Three burst during the verses (5:00)
  - Song 5 - Three burst during the chorus (4:00)
  - Song 6 – Two burst during the verse (2:30)
  - Cool Down – One easy burst during the break. (4:30)
  - Total: 30 minutes

### **Warm up Cool down**

- Elevate core body temperature
- Prepare the cardiovascular system for the work to follow
- Gradually increases ranges of motion and joint action

### **Cool down**

- Helps prevent blood pooling to the lower extremities
- Reduces feelings of dizziness
- Lowers heart rate and blood pressure to near-resting levels
- Helps dissipate lactic acid
- Helps minimize potentially threatening cardiac arrhythmias

## Safety Considerations!!! 3C's

### Cues

- Keep head centered (over the heart) and chin parallel.
- Shoulders are even, back and down.
- Keep chest lifted.
- Contract (pull in) the abdominals.
- Keep hips and knees even.
- Hips, knees, ankles, and toes should be in alignment.
- Distribute body weight evenly.

### Core

- "Bring your belly button toward the spine"
- "Squeeze your abdominals like trying to fit into tight pants"
- "Squeeze the glutes and pelvis"
- "Shoulders down and back, chest lifted and abs in"

### Consider

- Asses the group and identify new attendees, explain the format of the class if necessary
- Ask if participants have any limitations and instruct them to stay within their limits
- Remind students to participate at a comfortable intensity
- Consider all levels of fitness and instruct students about overload
- Remind participants to breathe naturally and not to hold their breath
- Remind participants to wear proper shoes and clothing