

SESSION HANDOUT

Zumba® Core

Izabela Kin

Zumba Education Specialist, Poland

Betsy Dopico

Zumba Education Specialist, USA

Karla Mead

Zumba Education Specialist, Brazil

Presenters

Izabela Kin
Betsy Dopico
Karla Mead

Schedule

15 min: Introduction
60 min: Master Class
30 min: Core theory & practice
15 min: Final wrap-up/Q&A
(Total: 2 hours)

Session Objective

- Learn what is Zumba® Core (e-learning Zumba course)
- Better understanding of science, proper mechanics and benefits behind Core workout.
- Showing a sample choreography.

History & Background

Working in the fitness industry as an instructor as well as experiencing many different classes as a participant I found that most of the people started their adventure with exercise to change the way they look, to lose extra kilos, to shape certain areas, etc. Exercise was a MUST in order to achieve their goals. For many of them Zumba® Fitness showed that exercise can be FUN and that is why they come back to our classes consistently, because they WANT to.

From the instructor's perspective we need to look at the bigger picture. We are extremely happy seeing our students' JOY, but in order to make them happy we also want them to be safe, healthy, strong and get increasingly better results. We need to find a good balance in between dance moves and exercises to enhance muscles work.

One of the most important areas of our bodies is our CORE.

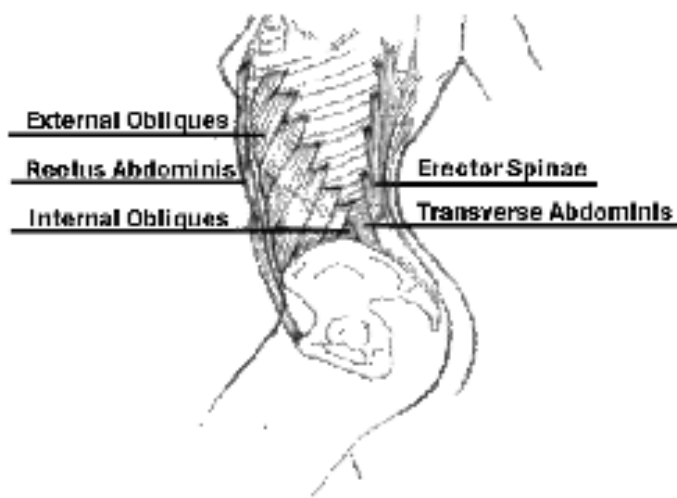
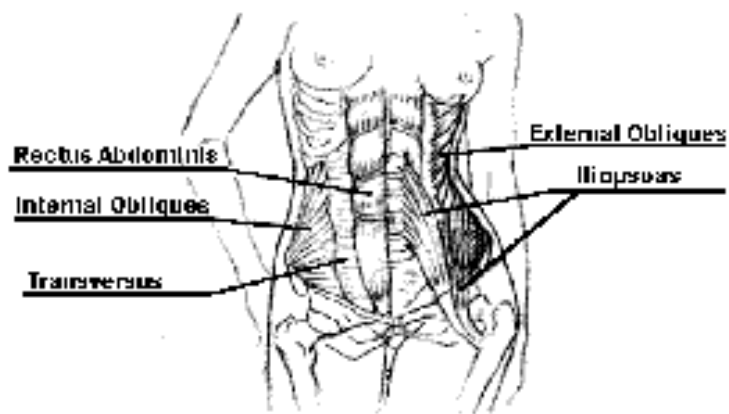
The purpose of Zumba Core is to provide a better understanding of the science and proper mechanics behind a core workout, as well as teach the benefits of having a strong core. Additionally a core workout is a great tool to add variety to your Zumba® Fitness classes.

Why do we care about the CORE?

Often times, when there is reference to the core area, the six-pack comes to the mind. However, the core actually consists of all of the muscles attached to the spine, shoulder girdle and pelvis to provide necessary stability to perform activity. That is why we need a strong Core to be able to perform:

- Daily activities

- On the job tasks
 - Other sports and pleasurable activities
 - Housework and gardening
- And to maintain a good posture, develop balance & stability.
A weak core can influence your limbs functionality.



- Rectus Abdominus – The Six Pack.

The right & left halves are separated in the middle by strong tendinous sheath known as a linea alba, which translate to white line. There are three horizontal creases that are created by tendons, which give the muscle a washboard appearance on some individuals.

FUNCTION: Flexes the torso (forward). Assist in lateral flexion (side bend).

- External Oblique

Located on each side of rectus abdominus. Often referred to as an opposite side rotators. When you rotate to the right, the left external oblique facilitate this movement.

FUNCTION: Rotation of spine (twist) and lateral flexion.

- Internal Oblique

Located underneath the external oblique, this is often referred to as the same side rotators, meaning when you rotate to the right, the right Internal Oblique facilitates the movement.

FUNCTION: Rotation of the spine and lateral flexion.

- Transversus abdominus

This is the deepest layer of abdominal muscles.

FUNCTION: Not involved in the movement of the trunk but help forcefully expel air from lungs and compresses ribs. It also stabilizes the pelvis and lower back prior to the movement of the body.

- Quadratus Lumborum

Located in the back, about mid-torso.

FUNCTION: Lateral flexion of trunk and depression of thoracic ribcage.

- Erector Spinae Group

Located in the back of each side of spine. This group of muscles spans all three areas of the spine cervical, thoracic, lumbar.

FUNCTION: Extension of spine and maintenance of erect posture. This helps to stabilize the spine during flexion acting as the antagonist (opposite muscle group) to abdominal muscles. Also facilitates in lateral flexion and rotation of spine.

Sample exercises

During the session we will go over sample exercises, present proper technique as well as create Core oriented choreography.

- Upward Lat reach with opposite arm pull down
- Knee lift with crunch – front and side
- Isolated core rotation in squat position
- Core rotation with alternating knee lift
- Lateral reach toward the floor in squat position- one side or alternate
- Vertical crunch contraction with legs in athletic position

The logo features a yellow circle with a black silhouette of a person in a dynamic dance pose. To the right of the circle, the word "ZUMBA" is written in a bold, black, sans-serif font. Further right, the words "INSTRUCTOR" and "CONVENTION" are stacked vertically in a smaller, black, sans-serif font, separated by a vertical dotted line. To the right of the dotted line, the words "ORLANDO 2014" are written in a larger, bold, sans-serif font, with each letter in a different color: O (teal), R (orange), L (pink), A (orange), N (teal), D (orange), O (teal), 2 (orange), 0 (teal), 1 (orange), 4 (pink).

ZUMBA INSTRUCTOR
CONVENTION : ORLANDO 2014