



SESSION HANDOUT

ZUMBA® GLUTES

Pop it. Drop it.

Give your classes a Lift!!!

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SESSION HANDOUT

Presenter

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Schedule

10 min: Introduction and Welcome
15 min: Lecture – Science, Body Mechanics, Benefits
30 min: Drill, Practical Skills
5 min: Break
50 min: Master Class
10 min: Final Wrap-Up/Q & A
(Total: 2 hours)

Session Objective

- Learn what is Zumba® Glutes (e-learning Zumba® course).
- Learn how to incorporate moves that target the glutes into your Zumba® classes
- Better understanding of science, proper body mechanics and benefits behind a glutes workout.
- FUN choreography!!!!

Introduction

The Zumba® Glutes learning capsule is an e-learning experience for ZIN™ Members who want to incorporate moves that target the glutes into their Zumba® classes. This dynamic and easy-to-follow program was designed to bring more booty poppin' routines to your classes, as well as teach you the science behind obtaining toned glutes. Learn about the anatomy and function of the gluteal muscles and how to integrate specific moves and hot routines into your classes. So, work them glutes and shape that booty!

For You as the Instructor

Our obligations as instructors are not only to be motivators and leaders, but also to help our students attain healthier lifestyles for a better quality of life. Training the glutes becomes an essential part of this equation. It is important that you learn safe and effective techniques for improving the glutes and help your participants understand the important role the glutes play in the stabilization of the body and its impact on their daily living activities.

Why Do We Care About the Glutes?

Glutes are among the biggest muscles in the body because their main function is MOVEMENT. We use glutes in:

- Daily activities (i.e. bending down and picking up groceries)
- On the job tasks (i.e. picking up/delivering packages)
- Sports and other pleasurable activities (i.e. running; water skiing)
- Housework and gardening
- Maintaining proper posture
- Balance and Stability
- Taking pressure off the back

Weak glutes can cause the hips to shift forward which take the glutes completely out of the postural chain. Over time, this can cause structural changes in the body leading to back pain, over stretching of the abdominal muscles and, in extreme cases, can carry over in to walking activities leading to a “shuffling” gait (or pattern of walking).

Additionally, several studies have shown that females, in particular, suffer from knee pain, iliotibial band syndrome, and ACL injuries due to weak gluteal and hip muscles. Because the body works as a whole, if an area is inefficient, the body will find a way to make the movement happen using another muscle or joint in a way that it is not intended. Last, the glutes and core muscles work together to stabilize the pelvis. Having strong gluteal muscles are key in injury prevention. Injuries such as hamstring strain, runners knee, shin splints are almost always due to weak support from the glutes. In almost all cases of lower body injury - the gluteal muscles are the weakest link.

Let's Meet the Players

The Glutes can be separated into 3 main muscles.

- Gluteus Maximus: Largest; Extends the hips & allows you to propel forward during walking or going upstairs; external rotation.
- Gluteus Medius: Abducts (to move away from the midline of the body) & internally rotates the hip. Prevents pelvic drop during walking.

- Gluteus Minimus: Smallest; abducts and internally rotates the hip.

Sample Glutes Exercises:

- Squats – regular, pli , wide-stance; Incorporate different tempos/timing
- Lunges – curtsy, diagonal, side, plyo lunges
- Hip Extension
- Hip Abduction

F.I.T.T. Principle

Frequency: How often? In a typical strength training program, it is recommended that there is a day of rest between workouts. Zumba® Glutes movements do not train the glutes in isolation or to the point of failure, so you can incorporate this program each time you teach Zumba® Fitness classes!

Intensity: Start off with low intensity moves, then progress to higher levels of exertion. This will be driven by your participant’s ability to perform the exercises.

Time: As the instructor, you will need to determine the length of the glute integrated work based on your participant’s abilities. It is VERY important that quality of movement is emphasized to maintain effectiveness and prevent injury.

Type: This is a Zumba® class that integrates glute movements INTO the choreography. It includes both stationary glute moves, as well as, dynamic pattern to maintain the cardiovascular benefit.

Master Class

Enjoy some of the favorite routines and experience an effective, glute-oriented Zumba® Fitness Party!!

Recommended Music

Name of Song	Genre	Where it can be found
Love and Party	Merengue	Joey Montana and Juan Megen
I want you back REMIX	Salsa	Latin Tribute feat. Tito Nieves
Bate Bate	Reggaeton	BIP
Me Felcho Cupido	Cumbia	feat. Jerau
Sound Band	Soca/Dancehall	feat. Machel Montano
Sexy Swag	Hip Hop	Gabry Ponte ft. Shaggy
Csardas	Hungary	Vittorio
U and I	Bhangra	Sonu Nigem
Sacudelo REMIX (partner)	Merengue	Proyecto Uno
Moviendo Caderas (battle)		Daddy Yankee
Puro Mani	Cha Cha Cha	
Bailando		Enrique Iglesias feat. Sean Paul
Read All About It		Emeli Sande