



# SESSION HANDOUT

## Zumba Toning Boost

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### Schedule

- 30 min: Introduction and program review
- 60 min: Master Class
- 30 min: Science and application
- 45 min: Drills
- 15 min: Final wrap-up/Q&A
- (Total: 3 hours)

### Session Objective

- Define Zumba Toning and the history of the program.
- Program updates
- How to create engaging, effective and safe Toning choreography
- Utilizing ZIN (continuing education) to grow your Toning business. Learn to attract new clients. Example: Fitness oriented participants, male participants.
- Maximizing the sale of Toning Sticks

### History & Background

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning sticks)! It combines targeted body sculpting exercises and high energy cardio work with Latin infused Zumba moves to create a calorie torching, dance fitness party. Students learn how to use light weight, maraca-like Toning sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally, while having a total blast.

### Application of the Zumba® Formula

- Using the Zumba Formula to create smooth transitions.
- Using the Zumba Formula to create symmetry.
- Maximizing the music.

### Basic Steps & Variations

- Review of basic exercises commonly used in Zumba Toning
- Application of overload principles to create the most effective choreography
- Keeping it simple
- Review of basic form and alignment

### Choreo Drills

- Transitioning from Basic Zumba to Zumba Toning using Choreography (body and arm variations, directional and rhythmic variations, fitness variations) and using the 2.5 lb sticks.
- The purpose, value and application of Circuit Training in Zumba Toning.

Song Name		
Song Part	Choreo notes	Notes
Intro		
Chorus		
Verse		
Bridge		
Chorus		
Verse		
Bridge		
Verse		
Chorus		
Break		
Music		
Chorus		

### Recommended Music

Name of Song	Genre	Where it can be found
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