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Instructor Training Manual— ZUMBA®
BASIC STEPS LEVEL 1 v11 5 • By having
a blast in class, participants naturally
increase the intensity of their
movements. The magic of the music
motivates participants to perform
movements with more intensity than if

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they were doing a series of regular squats or a set of controlled lat-pull down exercises.

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Zumba ® Basic 1. Zumba. ®. Basic 1.
This introductory training will give you
the tools you need to lead your own

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Zumba ® class. Learn the Zumba ® formula, our four basic rhythms and more! Learn how to teach the basic steps to the four Zumba® core rhythms: Merengue, Salsa, Cumbia, and Reggaeton.

Zumba Basic 1 Training with Ai Lee Syarief

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There are three entry-level Instructor Trainings available to non-Zumba Instructors: Zumba® Basic Level 1, Zumba Jump Start Gold™ and Jump Start Kids & Kids Jr™. The Zumba Basic Level 1 Instructor Training (also known as Zumba Basic) is a high-energy training session where you'll learn the basic Zumba rhythms as well as multiple

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variations.

Zumba Fitness | Support | Instructor Training FAQ's

Instructor Training Manual— ZUMBA®
BASIC STEPS LEVEL 1 v11 3 II The
Science of the Zumba® Program
Physiology of Exercise Classes To best
understand the physiology and benefits

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of the Zumba® program, first take a look at the group fitness industry as a whole Group fitness classes are based on the following three components of fitness:

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The Basic 1 Training teaches you the foundation and formula to teach a ZUMBA Fitness class.

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Salsa is a major step in Zumba. Ready to begin? Basic Salsa 1. Stand with both feet together. 2. Step to the right. Bend

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your knees. 3.Return to the middle.
4.Step to the left. Bend your knees slightly.5.Return to the middle.

Learn the Basic Zumba Moves : 6 Steps - Instructables

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basic rhythms and more! Included with Session. Electronic Instructor Manual; Certificate of Completion; Online Videos to Review Basic Steps; FREE ZUMBA BAG WITH THE REGISTRATION; What to Expect. Learn how to teach the basic steps to the four Zumba® core rhythms: Merengue, Salsa, Cumbia, and Reggaeton.

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Zumba Basic 1 - FitnessSG

My Saturday secret project is revealed! I spent all day Saturday doing my Zumba Basic 1 Training, which means that I'm now an official zumba instructor!. Be sure to scroll all the way to the end of this post for more useful instructor links.

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Zumba Basic 1 Training - Official Zumba Instructor - The ...

Zumba Basic 1 Instructor Training with
Zes David Velez. Musicaacademy Kl. 126
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Zumba lesson with Zin Norman on
yesterday (7th July)! Feel free to call us
and book your session now! ☐☐ ...

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Zumba Basic 1 Instructor Training with... - Musicaacademy KI

Zumba ® Fitness Basic I Instructor Training provided by Erick Santana. Erick Santana is a Zumba ® Education Specialist and International Dance Fitness Presenter. The training will take place on March 12, 2017 at the Bell Road YMCA in Montgomery, AL. Register

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for this training before February 12th
and receive a complete Zumba ® Wear
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Instructor Trainings - strong.zumba.com

Zumba Basic Steps Breakdown and Tips
for Beginners - Duration: 7:04. Keren

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ZUMBA B1 instructor training. 1 -

Duration: 3:00. SHARON YU 17,250

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Zumba® Basic 1

The Zumba Gold Instructor s Manual, Zumba Basic 1 Certificate of Dana Morrissey is an AFAA Nationally Certified Group Fitness Instructor who teaches fitness Includes over 70 training online videos, instructor manual, resistance

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programs

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Instructors looking to teach Zumba must
first start with basic Zumba training.
Zumba offers two basic training classes:

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Zumba Basic 1 and Jump Start Gold. The Zumba Basic 1 class provides the basic building blocks to create your own Zumba classes, while the Jump Start Gold class teaches the Zumba basics for older participants.

**Zumba Fitness Instructor
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Fitness:1440 Nashville, TN

Zumba combines Latin and International music with a fun and effective workout system. With classes and instructors worldwide, anyone can Join the Party! + Hello, ZIN™ and SYNC Members, We thank you for your patience as we have been monitoring the ongoing Coronavirus (COVID-19) situation. ...

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Zumba - Ditch the Workout, Join the Party

I conduct Zumba Basic 1, Basic 2, and Zumba Kids & Kids Jr. trainings in Asia. My Zumba career started in 2008, until this day i still LOVE the Zumba programs because I believe this is the ONLY fitness program in the world that truly

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embraces everyone, and through Zumba we, as part of the Zumba family, are changing the world and making it a ...

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