Welcome to Zumba® Incredible Results, and congratulations on taking an amazing step in your fitness journey! Now it’s your turn to feel the music, and feel the Zumba® passion that I feel as you party yourself into shape.

I accidentally created the first Zumba® class in Colombia when I forgot my aerobics music one day and had to improvise with a cassette of Latin songs. Back then I also taught step aerobics, and people loved it! It was simple and effective, but then instructors started making step classes so complicated that they stopped being fun. So now I’m bringing the fun back to step – the Zumba® way! Get ready for an amazing ride.

That’s because Zumba® Incredible Results takes the Zumba® experience you know and love and lifts it higher – and I mean higher! We designed the innovative Zumba Rizer™ to pump up the intensity and effectiveness of every move. You can dance over it, around it or however the music moves you. It took us two years to get everything right, from designing the Rizer, to developing the perfect music, to creating easy choreography that anyone can do.

And the results speak for themselves. You can burn hundreds of calories an hour with Incredible Results, helping you shave off pounds and inches faster than you ever thought possible. Follow the easy workout and Rapid Results eating plan and you can drop a full dress or pant size in the first week. Another way Zumba® Incredible Results will revolutionize your body is through Cardio Burst Intervals. Short spurts of pumped-up effort interspersed throughout your workout can teach your body to burn fat faster in as little as two weeks. So we’ll be cranking up the tempo, but don’t worry: The key to these bursts is that they are just that – 30-second bursts!

Zumba® Fitness has always been about doing the impossible. No one ever would have believed that a kid from Cali, Colombia, would create a workout that inspires the world to dance – and get fit – with the music he loves. But here I am, and here you are. So let’s dance!

With Zumba® Love!

Beto Perez
Co-Founder of Zumba
Find a class at zumba.com
<table>
<thead>
<tr>
<th></th>
<th>Table of Contents</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.</td>
<td>THE HISTORY OF ZUMBA</td>
</tr>
<tr>
<td>8.</td>
<td>GET READY FOR INCREDIBLE RESULTS</td>
</tr>
<tr>
<td>10.</td>
<td>SCIENCE OF CARDIO BURST INTERVALS</td>
</tr>
<tr>
<td>12.</td>
<td>WORKOUT CALENDARS THAT WORK</td>
</tr>
<tr>
<td>14.</td>
<td>ZUMBA® INCREDIBLE RESULTS TRAINING TIPS</td>
</tr>
<tr>
<td>16.</td>
<td>TOTAL BODY STRETCH GUIDE</td>
</tr>
<tr>
<td>20.</td>
<td>REAL RESULTS! BEFORE &amp; AFTER PHOTOS</td>
</tr>
<tr>
<td>22.</td>
<td>MEET THE ZUMBA® ALL-STARS</td>
</tr>
</tbody>
</table>
A HAPPY ACCIDENT
Alberto “Beto” Perez shows up to teach his aerobics class in Colombia, but forgot his music. Rather than cancel, he pops in a tape of his favorite Latin tunes and improvises with easy-to-follow, energetic dance moves. And voila! The seed is planted for Zumba® Fitness.

TOTAL TRANSFORMATION
The Zumba® Fitness Total Body Transformation System is launched with six sizzling workouts and maraca-like toning sticks, introducing even more people to the concept of feel-good fitness.

IF YOU BUILD IT
Due to high demand, 150 brand new Zumba® Instructors are licensed at the first ever Zumba® Instructor Training Course.

SHOWIN’ OUR COLORS
An in-house line of fun, flashy and funky active apparel called Zumba® wear makes its debut to sellout response.

FEEL THE RUSH
Zumba Fitness Rush on Kinect™ for Xbox 360® joins our video game family, catapulting Zumba to the number two best-selling video game franchise in U.S. history.

MR. WORLDWIDE TAKES THE STAGE
Zumba teams up with Pitbull to produce the hit song “Pause”, which quickly becomes a favorite among Zumba® Instructors and participants around the globe.

LIVE IT UP!
The Zumba Gold® LIVE IT UP™ DVD set is launched to bring the fitness-party home to active older adults.

ZUMBA® INCREDIBLE RESULTS WAS BORN!
THE JOURNEY BEGINS
Beto brings the success of his Colombian “rumbacise” classes to Miami, Florida. His students quickly spread the word of this exciting new fitness experience.

THE THREE ALBERTOS
Beto teams up with young entrepreneurs Alberto Perlman and Alberto Aghion to create a company based on his fitness philosophy. They decide to call it Zumba and set a goal to build a global brand.

LIGHTS, CAMERA, ACTION!
The three Albertos create the first ever Zumba® VHS tape, filmed in sunny Miami Beach. Within six months, hundreds of thousands of copies are sold worldwide.

PAINT THE WORLD PINK
Zumba kicks off its first annual Party in Pink™ Zumbathon® charity campaign. Since 2010, instructor-driven events have raised millions of dollars to fight breast cancer around the globe.

TRANSFORM THE LIVING ROOM
Zumba launches its first video game on Nintendo Wii™, Playstation® Move and Kinect™ for Xbox 360®, selling over 6 million copies worldwide and dominating the best-seller list in the UK for 13 weeks straight.

FEEL THE THRILL
The at-home fitness-party experience goes next level with the unveiling of the Exhilarate™ Body Shaping System. This innovative fitness experience helps millions of people shed the pounds at home and at live classes around the world.

THE SKY IS THE LIMIT
Zumba becomes a leading global lifestyle brand: 14 million students a week take live classes in 151 countries, raise millions of dollars for Zumba® Love charity initiatives, and spread joy and fitness to every corner of the world!

IT’S TIME TO RIZE UP
Zumba® Incredible Results and the Zumba Rizer™ are born, and they’re now in your hands. Welcome to the Zumba® world! Get ready to feel the music, step it up and get the results you’ve been dreaming about.

GO MOBILE & GET MOVIN’
After worldwide success of the Zumba® video series, Zumba® Dance makes its debut, taking the dance-fitness gaming experience to mobile tablets. Within weeks, it’s the #1 health and fitness app in the iTunes® app store in 45 countries!
Unlike traditional workouts, Zumba® dance-fitness programs are all about the thrill of exercise in disguise.

**AND NOT ONLY WILL YOU HAVE FUN, BUT YOU’LL SEE RESULTS QUICKLY! SHAKE, SWEAT, TORCH CALORIES, AND LOSE WEIGHT AND INCHES ALL OVER YOUR BODY.**

First you’ll feel the difference, then you’ll see it, and before you know it everyone will be noticing the changes. Enjoy the results of looking healthier, feeling happier and giving off a whole new positive energy.

Ready? Let’s do it! Everything you need to get started is right here in this package. Zumba® Incredible Results includes six workouts on four DVDs.

Find a class at [zumba.com](http://zumba.com)
This disc breaks down the basic steps using the signature, easy-to-follow, Zumba® Rhythm Progression technique. In just minutes, you’ll learn the basics of salsa, cumbia, merengue and samba.

**QUICK START**

Featuring steps taught in Quick Start, this calorie-torching workout challenges the entire body in just 20 minutes, making it perfect for those who are on-the-go or a little tight on time.

**SUPER CARDIO DANCE PARTY**

Kick up the fat-burning power of Zumba® dance-fitness steps by adding short Cardio Burst Intervals! These 30-second bursts feature simple movements that anyone can do. Max fun, fast results – what’s not to love?

**ZUMBA® STEP FEATURING THE RIZER™**

Experience the new Zumba® Step class using a Rizer™. This gravity-defying new blend of Zumba® moves and step fitness is designed to tone and strengthen the core, glutes and legs while providing serious cardio conditioning.

**30-MINUTE BURN**

Get a live class experience from this invitation-only special event with Zumba® All-Star Instructor Gina Grant, featuring a high-energy, fat-burning, total-body workout in just 30 minutes.

**AMAZING ABS**

Discover Beto’s secret for targeting all four core areas of the abs, and all without ever hitting the floor! This 15-minute abdominal workout turns a chair into the ultimate core-conditioning tool.

**THE ZUMBA RIZER™**

Leave the floor behind and move your body for maximum results! The Rizer™ is perfectly designed for Zumba® Step, the newest dance-fitness class from Zumba.

**PROGRAM GUIDE & EATING PLAN**

Discover how you can lose a pant or dress size in just seven days, and then check out our Eating Plan, filled with recipes that can help you lose weight with the Zumba® program.
Get the hottest Zumba® apparel at zumba.com/shop
The fitness community is buzzing about the power of interval training – alternating harder and easier bouts within a single workout. The idea is that you can put out a much more intense effort for 30 seconds than you can for 30 minutes, but by sprinkling in a few 30-second bursts...

You'll get a better overall workout in less time.
Sound too good to be true? It's not. Scientists have proven that:

Training with intervals, or Cardio Bursts, can increase your fat burn in just two weeks.

Adding Cardio Bursts can give you the fitness benefit of over 10 exercise hours a week in less than three.

Cardio Bursts aren't only for the super-fit – even new exercisers can benefit.

Ready to give it a try? Pop in Super Cardio Dance Party to fire up your fat burn today.
**WORKOUT THAT**

**FUN & EASY BODY SLIMMING**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 1</td>
<td>QUICK START</td>
<td>REST</td>
<td>20 MINUTE EXPRESS</td>
<td>REST</td>
<td>SUPER CARDIO DANCE PARTY</td>
<td>REST</td>
</tr>
<tr>
<td>WEEK 2</td>
<td>20 MINUTE EXPRESS</td>
<td>REST</td>
<td>SUPER CARDIO DANCE PARTY</td>
<td>REST</td>
<td>ZUMBA® STEP</td>
<td>REST</td>
</tr>
<tr>
<td>WEEK 3</td>
<td>20 MINUTE EXPRESS</td>
<td>REST</td>
<td>SUPER CARDIO DANCE PARTY</td>
<td>REST</td>
<td>ZUMBA® STEP</td>
<td>REST</td>
</tr>
<tr>
<td>WEEK 4</td>
<td>20 MINUTE EXPRESS</td>
<td>REST</td>
<td>SUPER CARDIO DANCE PARTY</td>
<td>REST</td>
<td>ZUMBA® STEP</td>
<td>REST</td>
</tr>
</tbody>
</table>

- **QUICK START**
- **20 MINUTE EXPRESS**
- **SUPER CARDIO DANCE PARTY**
- **ZUMBA® STEP**
- **30 MIN BURN**
- **AMAZING ABS**
- **REST**
**Maximum Weight Loss**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 1</td>
<td>SUPER CARDIO DANCE PARTY</td>
<td>20 MIN EXPRESS or 30 MIN BURN</td>
<td>30 MIN BURN &amp; AMAZING ABS</td>
<td>20 MIN EXPRESS or 30 MIN BURN</td>
<td>ZUMBA® STEP</td>
<td>REST</td>
</tr>
<tr>
<td>WEEK 2</td>
<td>ZUMBA® STEP</td>
<td>20 MIN EXPRESS or 30 MIN BURN</td>
<td>30 MIN BURN &amp; AMAZING ABS</td>
<td>20 MIN EXPRESS or 30 MIN BURN</td>
<td>ZUMBA® STEP</td>
<td>REST</td>
</tr>
<tr>
<td>WEEK 3</td>
<td>ZUMBA® STEP</td>
<td>20 MIN EXPRESS or 30 MIN BURN</td>
<td>30 MIN BURN &amp; AMAZING ABS</td>
<td>20 MIN EXPRESS or 30 MIN BURN</td>
<td>ZUMBA® STEP</td>
<td>REST</td>
</tr>
<tr>
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<td>ZUMBA® STEP</td>
<td>20 MIN EXPRESS or 30 MIN BURN</td>
<td>30 MIN BURN &amp; AMAZING ABS</td>
<td>20 MIN EXPRESS or 30 MIN BURN</td>
<td>ZUMBA® STEP</td>
<td>REST</td>
</tr>
</tbody>
</table>

**7-Day Rapid Results**

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUPER CARDIO DANCE PARTY</td>
<td>ZUMBA® STEP &amp; AMAZING ABS</td>
<td>SUPER CARDIO DANCE PARTY &amp; 20 MIN EXPRESS</td>
<td>ZUMBA® STEP &amp; AMAZING ABS</td>
<td>SUPER CARDIO DANCE PARTY &amp; 20 MIN EXPRESS</td>
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<td>SUPER CARDIO DANCE PARTY</td>
</tr>
</tbody>
</table>
THERE’S NO RIGHT OR WRONG WAY TO DO ZUMBA® MOVES, BUT THERE ARE SOME THINGS YOU CAN DO TO MAKE SURE YOUR WORKOUT IS AS SAFE AND EFFECTIVE AS POSSIBLE.
BEGIN WITH THE BASICS
If you’re new to the Zumba® program, start with the Quick Start DVD for a step-by-step guide to the basic Zumba® steps. Think you’ve got two left feet? Think again. With the Zumba Rhythm Progression Technique, you’ll be able to get started faster than ever.

WEAR SUPPORTIVE FOOTWEAR
Comfortable shoes with good arch support and cushioning work best. Try cross-trainers, or check out the specialized shoes at zumba.com for 360 degrees of support.

WATCH YOUR FORM
As with any exercise program, maintaining proper form is important for achieving maximum results. Pay attention to the specific instructions to ensure you do each workout safely.

GO AT YOUR OWN PACE
Stop and take a break if you need to catch your breath. If you’re new to exercise, or new to the Zumba® program, follow along with the modifications during each workout until you’re ready to move on.

MAKE ROOM
Clear out a large enough space so you can move freely and comfortably.
Along with heart-pumping cardio and muscle-toning moves, working on your flexibility is key to being head-to-toe fit – especially as a dancer. Stretching helps to increase your joints’ range of motion, improve your balance and counteract the effects of too much sitting, which so many of us are guilty of. After all, tight muscles don’t make you feel much like dancing!

**TOTAL BODY STRETCH GUIDE**

1. **OVERHEAD ARM STRETCH**

   Stand with your feet shoulder-width apart. Relax your shoulders, then interlace your fingers in front with your palms facing out. Slowly lift your arms up toward the ceiling. Hold the stretch for 15-30 seconds and repeat 3-5 times.

Since stretching is safest and most effective when your muscles are warm and pliable, do this five-minute routine after your Zumba® workouts. Hold each stretch for 10 to 30 seconds, breathing deeply.

— NO BOUNCING!
CHEST STRETCH
Stand with your feet shoulder-width apart. Roll your shoulders down and back, then interlace your fingers behind your back, palms facing up. Slowly lift your hands until you feel a slight tension. Keep shoulders back and posture straight. Hold the stretch for 15-30 seconds and repeat 3-5 times.

NECK STRETCH
Stand with your feet shoulder-width apart. Place your right hand on the left side of your head. Slowly and gently pull your head toward your right shoulder. Hold the stretch for 15-30 seconds and repeat on the other side. Repeat stretch 3-5 times.

SHOULDER STRETCH
Stand with your feet shoulder-width apart. Bring your right arm across your chest and place it on your left shoulder. Cup your right elbow with your left hand, then gently pull your elbow to the left side. Hold the stretch for 15-30 seconds and repeat on the other side. Repeat stretch 3-5 times.
5 QUADRICEPS STRETCH
Stand with your feet shoulder-width apart. Shift your body weight to the left as you grab your right ankle or forefoot and pull it behind you toward your buttocks. Keep a straight posture. Hold the stretch for 15-30 seconds and then switch legs. Repeat 3-5 times.

6 CALF STRETCH
Stand with feet staggered in a lunge-like position with your left foot forward and right foot back, toes pointed straight ahead. Place your hands on your hips, then bend your left knee forward while keeping your right leg straight (push right heel to the floor). Hold the stretch for 15-30 seconds, then switch legs. Repeat stretch 3-5 times.

KEEP IT COOL.
Skip the hot tub, which can add to inflammation. In fact, elite athletes often soak in an ice cube bath to speed their recovery! There’s no need to clear out your ice maker, though. Just stick to a cool shower or a bath with Epsom salts, which may ease pain and lessen inflammation.
8 HIP FLEXOR STRETCH
Stand with your feet staggered in a lunge-like position with your left foot forward and right foot back, toes pointed straight ahead. Bend the right knee, releasing the heel off the floor, and gently press through the front of the right hip, feeling the stretch in the right upper leg. Hold the stretch for 15-30 seconds, then switch legs. Repeat 3-5 times.

7 HAMSTRING STRETCH
Stand with your feet shoulder-width apart. Bend your left knee to lower yourself down as far as you can. At the same time, extend your right leg in front of you, toes lifted, and pull your right foot towards your body. Place both hands on your hips for support and keep a straight line from head to tailbone. Hold the stretch for 15-30 seconds, then switch legs. Repeat 3-5 times.

GOT SORENESS? HERE’S HOW TO DEAL
A challenging new fitness routine — like this one — can leave your muscles feeling less than fresh. And that’s a good thing. That soreness you may feel a day or two after a great workout is actually part of the process that builds sleek, sexy, metabolism-boosting muscles. But that doesn’t mean you have to take it lying down.
THE
SPEAK FOR
AND SING,
AND
RESULTS THEMSELVES AND SHAKE, SHOUT AND...
They came from all over the world to party with you! These dance-fitness professionals all have one passion – helping you look and feel incredible.
SAFETY INSTRUCTIONS

CAUTION: FAILURE TO FOLLOW THESE WARNINGS MAY RESULT IN SERIOUS INJURY
OWNER MUST ENSURE THAT ALL USERS ARE INSTRUCTED ON THESE WARNINGS PRIOR TO USE.

• Consult your physician before starting this or any exercise or nutritional program. If at any
  time during the exercise you feel faint, dizzy, or experience pain, discontinue the workout and
  immediately notify your physician. The training presented in the workout instructions is in no way
  intended as a substitute for medical counseling.

• The Zumba Rizer™ is rated for a maximum capacity of 300 lbs.

• Check floor surface for grip before each use. Placing the Zumba Rizer™ on wet or dirty surfaces
  can cause it to slip.

• Always wear proper clean footwear when using the Zumba Rizer™. Failure to do so can cause
  slipping and injury.

• Use the Zumba Rizer™ only as demonstrated in the Zumba® Fitness workout instructions, video
  and these Safety Instructions. Only use the Zumba Rizer™ as Intended. Do not use with other
  exercise programs or for any other uses.

• Always lift and move the Zumba Rizer™ in a controlled manner. Do not let momentum and speed
  override safety.

CARING FOR YOUR ZUMBA RIZER™

BEFORE EACH USE:

• Inspect the Zumba Rizer™ and Lift for cracks in the plastic. If cracks are present, do not repair. Replace the product.

• Check to make sure the rubber feet are in good condition and are cleaned prior to use. The feet can be cleaned with a soft damp cloth only. Do not use soap or harsh chemicals. After cleaning, make sure the feet are dry and secure prior to using the Zumba Rizer™. If the rubber feet show extreme signs of wear, contact Zumba Fitness for replacement.

Hol dir den “Incredible Results Guide” auf Deutsch auf zumba.com/irprogramguide
Obtenga la Guía de resultados increíbles en español en zumba.com/irprogramguide
Puoi trovare l’incredibile guida dei risultati in italiano su zumba.com/irprogramguide
Obtenez le Guide des résultats incroyables en français à zumba.com/irprogramguide

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Find a class at zumba.com