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Zumba - Ditch the Workout, Join the Party

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Zumba Exhilarate Program Guide The Program Guide is a 49-page booklet that's included in the Zumba Exhilarate 7-DVD workout set. It contains training tips, a weekly workout planner, examples of stretches, a 10-day accelerated fat loss program with recipes and more.

A Review of the Zumba Exhilarate 7-DVD Workout Set With

With the five-disc Zumba Exhilarate 5 DVD Kit, you won't want to stop. Crank up the music, torch the calories and turn your at-home workout into a rockin' dance-fitness party! Crank up the music, torch the calories and turn your at-home workout into a rockin' dance-fitness party!

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How does the program work? As far as what? Weight Loss? For me the Zumba workouts are great calorie burn workouts. However, most dance type workouts are (for me at least). Plus I have fun.

Sandra: Zumba Exhilarate Step by Step - Blogger

Exhilarate - The original full-length fitness party experience; Plus, get a 5th DVD as a bonus: Rush - A 20-minute bonus workout to amp you up; Set also includes: One (1) pair of 1 pound Zumba Toning Sticks, Exhilarate Program Guide featuring a 10-day weight loss plan, and more. Style #D0D00123

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The Zumba Weight Loss Program," describe a five-day express diet to get started. You have a choice of breakfast menus including either toast, an egg, fresh fruit and tea or coffee with no sugar, cream, milk or honey; or 1 cup of high-fiber cereal and skim milk in lieu of the toast and egg.

A Healthy Zumba Meal Plan | Our Everyday Life

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The set includes breakdowns of basic steps, a 20-minute "Rush" workout, a 45-minute "Activate" workout, the "Ripped" workout featuring the Zumba® Toning program and breakthrough Zumba Sentao program, a 60-minute "Exhilarate" dance-fitness party, the "Mix" workout featuring rhythms from all over the world, and a massive Zumbathon® Fitness ...

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What Is The Zumba Exhilarate Program Guide [Epub]

during a Zumba class, they estimated the oxygen consumption to determine caloric expenditure [9]. They reported an average exercise heart rate of 154 bpm (79 % of HR max) and an average caloric expenditure of 370 kcal per class [9] suggesting that a Zumba Fitness workout may be an appropriate alternative to running or cycling. Estimates of VO

Zumba Fitness workouts: are they an appropriate

This manual is a reference guide for educational purposes only, and is meant to assist you in understanding the STRONG by Zumba® program. The contents should complement your existing fitness knowledge, and should further assist you with instruction of this specialized modality of fitness.

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Best Answer: Actually there are different schedules in the guide: 1) 10 day accelerated fat loss program: Day 1) Zumba Activate Day 2) Zumba Exhilarate Day 3) Zumba Ripped Day 4) Zumba Exhilarate Day 5) Zumba Ripped Day 6) Total Body Stretch Day 7) Zumba Exhilarate Day 8) Zumba Ripped Day 9) Zumba ...

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Zumba Toning Sticks to help you shake, rattle and rock your way to sexy, leaner muscles, as well as the Exhilarate Program Guide featuring a 10-day weight loss plan and more. The fourth DVD has two workouts, "Mix" and "Ripped-Toning." "Ripped-Toning" only consists of a workout with Toning Sticks.

Zumba Fitness Exhilarate Body Shaping System DVD (Multi

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