

Zuma Exercise Guide

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Zumba Fitness: This is your standard class. It has high-energy rhythms and distinctive Latin beats that will guarantee you're sweating and having a great time. Zumba Toning: With this class, you use toning sticks. Think of them as fitness maracas for your abs, glutes, arms, and thighs. Zumba Gold: This class is aimed at baby boomers and above. The class is a bit calmer than the standard, though it follows the same basic principles.

[How to Zumba: 15 Steps \(with Pictures\) - wikiHow](#)

Pacific Fitness Zuma Multi-Station Home Gym This is the Precor Zuma as sold by Pacific Fitness (as you can see from the exercise guide sold with it) Retailed for about \$1800. 30 different exercises possible for a whole

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strength workout videos in the NHS Fitness Studio Strength and Flex , a 5-week exercise plan for beginners, to improve your strength and flexibility You can do activities that strengthen your muscles on the same or different days as your aerobic activity – whatever's best for you.

[Exercise - NHS](#)

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Zuma Assembly and Maintenance Guide page 5 1 Before You Begin Before You Begin Thank you for purchasing the Zuma. This unit is part of the Pacific Fitness line of quality strength training machines, which let you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment,

[Strength Training Fitness Equipment - Precor](#)

Find the best exercises with our Exercise Guides and build your perfect workout Learn to perform every exercise! The Exercise Guide has exercise videos, photos, details, community tips and reviews to help you reach your fitness goals

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25 versatile Zuma exercises engineered to build muscle, strength and balance. Highlights include the Multi-Directional Press Arm and Chest Supported Seated Row to promote greater range-of-motion and increased resistance, achieving faster muscle development. Built with durable components, your Zumawill promote years of trouble-free use. ZUMA 5 4 3 1 2 5 6 7 8 4 3

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The Latin-inspired dance workout is one of the most popular group exercise classes in the world. The high-energy classes are set to upbeat music and feature choreographed dance numbers that you...

[Zumba: Benefits and What to Expect - WebMD](#)

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Basic warm-up (Level: Intermediate) Abs workout (Level: Intermediate) Legs workout (Level: Intermediate) Waist workout (Level: Intermediate) Arms workout (Level: Intermediate) Bum toning (Level: Intermediate) Cool-down (Level: Intermediate) Wake-up workout (Level: Beginner)