

## Basic 1 Instructor Manual Zumba

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Basic 1 Instructor Manual Zumba BASIC 1 REVIEW A refresher of some of your essential instructor tools, plus a library of the base rhythms, core moves and variations. The Zumba® Formula identify the different parts of a song and how to use them to build an effective Page 2/9.

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Learn the Zumba® formula, our four 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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