*N.B. We will be getting on the floor in this session so you might want to bring a yoga mat or similar. We will also be taking our shoes off... nose-pegs all round! Make sure you wear comfortable Zumbawear clothing which allows you to move freely - we don’t want any pants ripping at an inopportune time!*
SESSION HANDOUT

Presenter
Naomi Di Fabio (Mokoena)
n Naomi.difabio@zumbamail.com

Schedule
5 min: Welcome, introduction, key points and objectives
10 min: Theory - understanding stretching. Why bother? Considerations for general fitness class and suitability of stretches. Music choice. Who are your students?
30 min: Practical - Learn major muscle groups to stretch. Teaching points. Alignment. Modifications and progressions.
25 min: Practical - Learn stretch sequence that is simple and effective to use at the end of your Zumba class and how it can be adapted to fit different tracks.
45 min: Practical - And relax... Stretch masterclass...ahhhh
5 min: Final wrap-up/Q&A
(Total: 2 hours)

Session Objective
• Learn safe and effective stretching technique
• Stretches to use in class for all levels
• Stretches for instructors to go deeper
• Learn choreography and flowing one stretch into another

History & Background
Stretching to improve health and movement has been used for longer than we might initially think. It is traceable as early as 600BC and was used by the Greeks and Egyptians before and after physical activity. There are so many different forms of stretching now that the topic can be very confusing: when it should be done and what type of stretching should be used to gain the desired effect are just two questions that could come up.
2013 ZUMBA INSTRUCTOR CONVENTION

Purposes of Stretching
1. Flexibility - improve the pliability and elasticity of muscle
2. Mobility - increase the active range of motion
3. Restore pre-exercise tissue length - post-exercise stretching reduces the surface tension of worked muscles allowing for normal movement following vigorous activity
4. Inhibition - reduce contractile properties of overactive muscles in order to improve movement patterns
5. Facilitation - reduce contractile properties of overactive muscles in order to improve activation of the opposing muscle group

Following your Zumba® workout stretching will help to reduce post-activity muscle tension and shortening. For the purpose of restoring pre-exercise tissue length there is no evidence to suggest that anything over 15-30 seconds has any additional benefits. Focus on the muscles which have been used most during your class.

Types of Stretching
1. Active/Active Isolated - uses the strength of the opposing muscle to hold the position
2. Passive - assume position and hold it with another part of your body or the assistance of the floor, for example.
3. Static - take a muscle to its end range and hold it there
4. Isometric
5. Dynamic
6. Ballistic
7. PNF (Proprioceptive Neuromuscular Facilitation)
8. METs (Muscle Energy Techniques)

Post-Workout Stretching
There are four main objectives:
1. Restore tissue length
2. Restore tissue pliability and elasticity
3. Allow the client the opportunity to wind down
4. Allow the instructor time to connect further with clients

Aim to:
1. Use passive static and/or active static stretches (see above)
2. Hold stretches for 15-30 seconds
3. Progressively increase the range on all stretches
Keep in Mind
Stretching should be pain-free! The stretch should be felt in the belly of the muscle and not at the ends which would indicate a different tissue being stretched such as a ligament, tendon or nerve.

Application of the Zumba® Formula
Stretching at the end of our Zumba® fitness classes will not be following the structure of the songs as we do for the main part of our Zumba® workout. This is because we need to stretch all the major muscle groups used and cannot keep stretching the same ones.

In the stretch master class during this session we will follow the structure of the songs since we will have enough time to cover stretching our whole body throughout the 45 minute session.

Basic Stretches to include post-Zumba® workout plus modifications, progressions & teaching points
If you can before the session try to learn the location of the major muscles in the body that we need to make sure we stretch at the end of our Zumba® classes. There are lots of resources online, for example:

http://www.made4ll.com/anatomy/body-muscles-diagram/
http://www.mydoctorgames.com/flex-my-muscle/

And there are lots of books available for further study, for example:
The Anatomy Coloring Book - Wynn Kapit and Lawrence Elson

Calves
Hamstrings
Thighs
Hip flexors
Glutes
Abs
Back
Chest
Shoulders
Arms

Choreo Notes
This is the stretch sequence learnt at the session which you can use at the end of your Zumba® classes and modify to fit different tracks. In the session we used the top four tracks listed below.

Large, slow, flowing movement to initial part of song to further reduce heart rate
Left arm over into side stretch, open and circle arm around into shoulder stretch (arm across body) in side lunge position. Open out, circle arm and half circle head. Repeat with right arm.
Shoulder rolls bringing feet together and into standing quad stretch with left leg.
Bring left leg forwards and knee into chest for **glute stretch.** Release left foot placing heel onto floor, toe lifted for **hamstring** stretch. Lean torso forward from hips and rest hands on thigh of supporting leg. Push lower back down to increase stretch. Do not lower head below heart.

Lower toes down and increase stretch by pushing lower back down. You will feel the stretch move further up the hamstrings.

Lift up and keep weight on both feet (left is slightly forward of right and feet are parallel). Keeping both feet flat on the floor bend both knees and slightly bring weight forward for a stretch of the **right soleus and achilles.**

Slide right foot back into **calf stretch.** Feet remain parallel. Right leg is now straight and heel pushing down into floor. Body should be in a straight line from head to right heel. Hands resting on supporting thigh, not knee.

Bring feet together and hands on thighs, roll up to standing position. Repeat from quad stretch using right leg.

Cross left foot over right and raise left arm above head. Pull arms away from each other and push left hip out to the side for **deep side stretch.** Remind everyone to breath in this position it is hard! Bring left arm down and either step right foot across or swivel around to right finishing front with right foot crossed over. Repeat to other side.

Step left foot open and contract abs rounding back and bringing hands together in front **stretching upper back.**

Release and open arms back to **stretch open chest and abs.** Clasp hands if desired.

Feet wide and parallel bend left knee pushing hips back into **inner thigh stretch** pushing right hip down tilting the hips on a diagonal. Either rest hands on left thigh or if able to reach the floor without lowering head below heart level this is another option. Rotate left into right **hip flexor stretch.** Hands either resting on left thigh or stretched up above head. Push up and return to start. Repeat inner thigh and hip flexor stretch to other side.

Lift arms up above head, bend left arm at elbow. Facilitate **triceps stretch** with right hand. Repeat to other side.

Half neck rolls or **neck stretch.**

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**Recommended Music**

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<thead>
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<th>Name of Song</th>
<th>Genre</th>
<th>Where it can be found</th>
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<tr>
<td>Chica Bonita</td>
<td>Shaggy</td>
<td>iTunes</td>
</tr>
<tr>
<td>Ararinha</td>
<td>Carlinhos Brown</td>
<td>iTunes</td>
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<tr>
<td>Due Respiri</td>
<td>Chiara</td>
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<tr>
<td>Teardrop</td>
<td>Newton Faulkner</td>
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<tr>
<td>Song Title</td>
<td>Artist(s)</td>
<td>Source</td>
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<td>-------------------------------</td>
<td>----------------------------</td>
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<tr>
<td>Lamento Boliviano</td>
<td>Los Enanitos Verdes</td>
<td>iTunes</td>
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<td>Estoy Enamorado</td>
<td>Donato &amp; Estefano</td>
<td>iTunes</td>
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<td>Quizas Quizas Quizas</td>
<td>Andrea Bocelli</td>
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