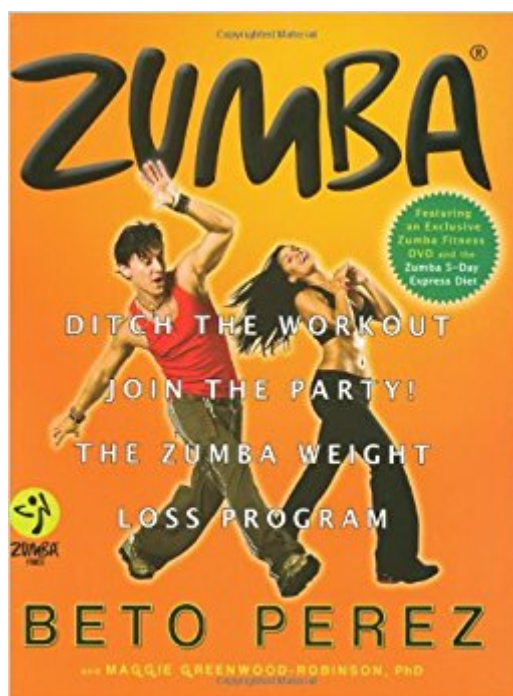


The book was found

# Zumba: Ditch The Workout, Join The Party! The Zumba Weight Loss Program



## Synopsis

Note: This is a Hardcover book with DVD. TIRED OF LOGGING HOURS AT THE GYM AND NOT GETTING RESULTS? WANT TO EAT DELICIOUS FOODS AND STILL LOSE WEIGHT? SHAKE THINGS UP AND SLIM DOWN WITH THE WEIGHT LOSS PHENOMENON THAT'S TAKING THE COUNTRY BY STORM... ZUMBA! Created by celebrity fitness trainer Beto Perez, Zumba combines fun, easy-to-follow dance steps with hot Latin beats to help you shed pounds and inches fast. Now the DVD and classes that have hooked millions are available in book format, with a complete workout program, fat-burning diet, as well as a DVD with a 5-minute instructional demo that shows the basic moves you'll need to learn plus 60 minutes worth of music to help you Zumba your way to the perfect body. Using the principles of interval and resistance training, the simple dance and sculpting moves (inspired by the traditional cumbia, salsa, samba, and merengue) tone and shape your body. And because it burns 600 to 1,000 calories per hour, you don't have to restrict your meals to boring or bland-tasting diet foods. The Zumba diet begins with a 5-Day Express Diet to jump start weight loss (lose up to 9 lbs in 5 days) and then offers 14-day meal plans and recipes that target weight loss in the stomach and thighs. You'll find:Â  Hot moves that make you feel like you're on the dance floor-not on the elliptical machine!Â  Recipes for mouthwatering meals that boost your metabolismÂ  Dozens of workout combinations so you never get boredÂ  An exclusive jump-start program to get you ready for that big event next weekendÂ  An easy plan to help you keep up your progress and maintain the weight loss So start moving, grooving and losing with Zumba today!

## Book Information

Hardcover: 289 pages

Publisher: Grand Central Life & Style; Har/DVD edition (September 10, 2009)

Language: English

ISBN-10: 0446546127

ISBN-13: 978-0446546126

Product Dimensions: 7.2 x 1.2 x 9.2 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 2.7 out of 5 stars 164 customer reviews

Best Sellers Rank: #401,431 in Books (See Top 100 in Books) #54 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #2144 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #3348 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss >

## Customer Reviews

Celebrity fitness trainer Alberto "Beto" Perez is originally from Cali, Colombia. Before creating and launching Zumba in the U.S. in the late '90s, Perez attended the Maria Sanford Brazilian Dance Academy, became an instructor and choreographed dance routines for high profile performers, including platinum album selling artist Shakira. He now resides in Miami, FL. The Zumba brand sells DVDs, CDs, clothing and workout gear at [www.Zumba.com](http://www.Zumba.com) and [www.Zumbafitness.com](http://www.Zumbafitness.com)

This book is full of information on why you should and should not eat certain foods. You'll learn which foods give you a flatter stomach, which foods will help in the thigh area and what to eat if you want more energy as well as nutrition for organ health. The 5 day diet changed my eating habits for life. The diets are easy and the entire family can enjoy the meals without even knowing they are on a diet. I purchased this book in order to also get the included DVD but unfortunately the DVD wasn't included, but the seller took responsibility for that.

This book really helps a lot if you're trying to use Zumba to get fit. It has the basic Zumba dance steps, talks about weight loss, and even has different meal plans you can follow and recipes to help you lose weight the fastest in a healthy way. I got more than I expected from this book. I would recommend it to those who want to do /learn Zumba and have a great diet plan to go along with it.

After reading the other reviews, I decided to order this item. The story of how Zumba came to be was very interesting. If you are the type of person who can learn from a book, the dance step diagrams will work for you. There are three Zumba routines in the book. The idea is to learn the steps, memorize the routine and timing, then follow along with the DVD. However, the DVD is basically a music CD with a huge timer, no instructor and no indication of what step you are supposed to be doing. I found an error right away: the first song on the DVD, a merengue, does not have a corresponding routine in the book. I emailed [...] to let them know and asked if they could provide the routine. After 6 days I have not heard from them. Overall, I really love the music and have learned the steps enough to do my own routine to the DVD. My health club only offers one Zumba class per week. The book/DVD allows me to practice and enjoy Zumba more often.

I read the product info and the reviews. I feel that I got way more than my money's worth. I was only

expecting a little info, a short lesson and to see if I wanted to "join the party." I am even more excited to take the next steps, purchasing some dvd's and find a class. I love to dance and this is my favorite type of music. Also, I have wanted to be able to just dance without worrying about having a partner. Thank you for sharing your story also, Beto. I found it inspiring for more than just the fitness. I haven't gotten to the diet information, yet, but do look forward to it.

I have gained 80lbs since recovering from a coma following a severe accident. I have wasted time, \$\$ and failure with multiple weight loss programs. This book and DVD are wonderful!! The book is very informative and so easy to help me understand with my brain trauma. The Zumba is so very easy to follow with the awesome way the DVD was made. My deep appreciation to Mr. Perez and I hope many other folks follow him as well. It will do them wonders and bring great enjoyment as actually fun!

I purchased this book for an online class that I am taking. It arrived on time and was brand new. It is a really good book so far. It is very informative and has helpful guides to dieting and healthy eating and living.

I really like the book - if you want to learn about Zumba, this is the one to get! I had back surgery January 2011 and wanted to learn all about the dance exercise before I tried it. Between the book and my surgeon, we decided it was ok - and it is! Now I'm in a Zumba class once a week and other days on my own with the music, etc. from the book/cd. It is helping to strengthen my back and other areas that lost some muscle from the back problems/surgery.

Delivered even before promised and in great condition. Everything was in great condition. Excellent service and never had to worry about anything. Product listed in with DBVD's so I thought I was ordering a DVD not a book and I had to return it which is time consuming. If you look for DVD's should only list them and not anything else so as to avoid confusion.

[Download to continue reading...](#)

Zumba: Ditch the Workout, Join the Party! The Zumba Weight Loss Program Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Walking: Weight Loss Motivation: Lose

Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) NLP for Fast Weight Loss: How to Lose Weight with Neuro Linguistic Programming - Program Your Weight Loss Success Now Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Ultimate Weight Loss Smart Points Beginner's Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes) Weight Loss: Weight Loss Instant Pot eBook, Eat What You Love But Do It Smarter! Simple Recipes To Follow Weight Loss Smarts Points DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) Slow Carb Recipes: Simple Weight Loss Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,)

Contact Us

DMCA

Privacy

FAQ & Help