



**STRONG**

BY ZUMBA™

**My  
FIRST CLASS  
Choreography**

EXPERIENCE FITNESS  
IN PERFECT SYNC

**STRONG**byZumba.com

## WARM UP

### TRACK: Waiting for Love

Time Stamp	Move	Reps
0:09- 0:21	Shoulder Rolls	16x
0:22-0:36	Step Touch with small core rotation	16x
0:37-0:59	Step Touch with Arm Variation	32x
1:00-1:14	Core Rotation with Arm variations	8x
1:15-1:29	Step Touch with bent arm circles	16x
1:30-1:44	Step Touch with blocking arms	14x
1:45-1:52	Step touch with wrist circles	8x
1:53-2:07	Core Rotation with Arm variations	8x

### TRACK: I'm on my way

Time Stamp	Move	Reps
2:08-2:15	March	16x
2:16-2:29	March with alternating single knee lift	4x
	-add rotation	4x
2:30-3:00	Squat to single side knee lift to squat to alt. side	8x8x8x8x
3:01-3:30	Single side knee lift to knee lift with core rotation to knee lift with core rotation and leg circle	4x4x8x
3:31-3:38	Hamstring curl	8x
3:39-3:52	Plank walk out	2x
3:53-4:22	Single side knee lift to knee lift with core rotation to knee lift with core rotation and leg circle	4x4x8x

### Track: Pasadena

Time Stamp	Move	Reps
4:23-4:45	Squat with core rotation and arm variation	45x
4:46-5:07	Single knee lift alternating to song beat	5x
	add grapevine with knee lift	8x
5:08-5:18	side to side adductor dynamic stretch	8x
5:19-5:25	Grapevine with pause and add core rotation	2x
5:26- 5:54	Spinal curls to Upper body circles (alternating sides)	15x4x
5:55- 7:09	Turn to side, Lunge and punch to the beat, pulse lunge alternate side, repeat. Face center, punch to the beat, squat.	4x4x4x8x16x
	Punch to the beat add jog. Jump Rope.	
7:10-7:24	Grapevine with pause add three punches	4x
7:25-7:39	Side to side squat	16x
7:40-7:50	step touch with core rotation.	

**TRACK: Asi Es que me Gusta**

Time Stamp	Move	Reps
0:32-0:39	Step Touch	7x
0:40-0:56	Front lunge pulse x4 Rear lung pulse x4	4x
0:57-1:13	lunge forward, hold center, lunge back	8x
1:14-1:22	Plie squat with core rotation	8x
1:23-1:39	V-Step with core rotation	8x
1:40-1:55	Front lunge pulse x4 Rear lung pulse x4	4x
1:56-2:12	lunge forward, hold center, lunge back	8x
2:13-2:21	Plie squat with core rotation	8x
2:22-2:37	V-Step with core rotation	8x
2:38-2:49	March	20x

**TRACK: Hasta que Amanezca**

Time Stamp	Move	Reps
2:50-2:58	March	20x
2:59-3:26	Squat 4x to Knee lift to jumping jacks 8x	2x
3:27-3:54	Squat to Plank- Squat with arm variation 2x Squat with floor touch 2x Floor touch to Plank 2x	6x
3:55-4:23	Squat 4x to Knee lift to jumping jacks 8x	2x
4:24-4:51	Plank to Push Up Squat with floor touch 1x Floor touch to Plank 1x , Hold Push ups 8x	2x8x
4:52-4:57	Bob n' Weave	8x
4:58-5:25	Squat 4x to Knee lift to jumping jacks 8x	2x
5:26-5:53	Squat with floor touch 2x Floor touch to Plank (up to speed) 4x	
5:54-6:08	Squat to front kick 4x to jumping jacks 4x	1x
6:09-6:17	Step Touch	8x

**TRACK: Unstoppable**

Time Stamp	Move	Reps
6:18-6:33	Back lift	15x
6:34-6:50	Squat Jack with Core rotation	8x
6:51-7:06	Back lift	15x
7:07-7:24	Squat Jack with Core rotation	8x
7:25-7:40	March to Jog to Football Run	16x8x8x
7:41-7:57	Squat Jack with Core rotation	8x
7:58-8:13	Core rotation to side lift	8x
8:14-8:30	March to Jog to Football Run	16x8x8x
8:31-8:46	Squat Jack with Core rotation	8x
8:47-9:04	Core rotation to side lift	8x
9:05-9:07	Step Touch	4x

**TRACK: Recharge 1**

Time Stamp	Move	Reps
9:15-9:24	March	16x
9:25-9:33	V-step	4x
9:34-9:51	Walk forward with clap/ walk back with clap	8x
9:52-10:01	Step touch	7x

**TRACK: Ta' Lindo**

Time Stamp	Move	Rep
0:06-0:21	Step tap with core rotation	16x
0:22-0:39	Skaters with Squat	4x
0:40-0:56	Ginga	8x
0:57-1:17	Burpee set up to Burpee	2x4x
1:18-1:31	Step tap with core rotation	16x
1:32-2:01	Grapevine with pause to 3 single sided knee lifts	8x
2:02-2:18	Step Tap with Rotation	16x
2:19-2:36	Skaters with jump	4x
2:37-2:51	Ginga	8x
2:52-3:13	Burpee set up to Burpee	2x4x
3:14-3:28	Step tap with core rotation	16x
3:29-3:57	Grapevine with pause to 3 single sided knee lifts Add jump to 3 <sup>rd</sup> knee lift	4x8x 4x
3:58-4:14	Ginga	8x
4:14-4:17	Step Tap with Rotation	16x

**TRACK:Mueve tu Q**

Time stamp	Move	Rep
4:18-4:30	Upper Cut single-single-double	4x
4:32-4:57	Jog in place to jumping jacks to upper cuts	4x
4:58-5:11	Curtsy lunge to side lift with lateral crunch	6x
5:12-5:24	Curtsy pulse x3 to side lift with lateral crunch	4x
5:25-5:40	Sumo squat core rotation with chopper	32x
5:41-6:04	Curtsy lunge to side lift with lateral crunch	6x
6:05-6:17	Curtsy pulse x3 to side lift with lateral crunch	4x
6:18-6:30	Prep for Plank	
6:31-6:57	Plank step touch each side 4x	2x
6:58-7:11	Mountain Climbers	30x
7:12-7:38	Upper cut single-single-double	4x
7:39-8:04	Walking Jog in place to jumping jacks to upper cuts	4x

**TRACK: No Existen Dos**

Time Stamp	Move	Rep	
8:05-8:33	Samba Lunge with Rotation	32x	
8:34-8:47	Front knee lift repeaters to Runner Lunge	8x	
8:47-8:53	March	20x	
8:54-9:20	Plank walkout to step touch, plank walkout to standing step touch		4x
9:35-9:42	March	20x	
9:42-9:55	Samba Lunge with Rotation	32x	
9:55-10:09	Front knee lift repeaters to Runner Lunge	8x	
10:10-10:15	March	20x	
10:16-10:42	Plank walkout to jacks, plank walkout to standing jack	5x	
10:43-11:03	step touch with arm variation	23x	
11:04-11:30	Plank walkout to jacks, plank walkout to standing jack	5x	
11:31-11:50	step touch with arm variation	23x	

**TRACK: Recharge #2**

Time stamp	move	rep
12:02-12:19	Grapevine	8x
12:20-12:36	Side tap	16x
12:37-12:48	step touch	8x
12:49-13:00	step touch with hips	8x

**TRACK: Don't Waste My Time**

Time stamp	move	rep
0:07-0:26	Bob N' Weave	31x
0:25-0:44	Frog jump to floor touch to football run	4x
0:45-1:02	Frog jump to plank to football run	4x
1:03-1:19	Boxer's shuffle to Bob n' weave	4x
1:20-1:54	Knee lift to rotation to knee lift to side lunge	8x
1:55-2:12	Boxer's shuffle to Bob n' weave	4x
2:13-2:28	Squat with Jabs to High knees	8x
2:29-2:46	Knee lift to rotation to knee lift to side lunge	8x
2:47-3:20	Frog jump to floor touch to football run	2x
3:21-3:38	Frog jump to plank to football run	2x
3:39-3:49	Bob n weave	16x

**TRACK: Touch Di Road Remix - Overload**

Time stamp	Move	rep
3:50-3:57	Step touch	8x
3:58-4:30	Ski jump moguls	16x
4:31- 4:42	Squat to knee lift alternating	8x8x
4:43-5:08	Jump Hop with Variation 4x front/ 4x rear	8x
5:09-5:14	Pony to a stop	2x
5:15-5:22	Hemstring curl	6x
5:23-5:34	Step touch with arms in the air	16x
5:35-5:47	Ski jump moguls	8x
5:48-5:59	Squat to knee lift alternating	8x8x
6:00-6:27	Jump Hop with Variation 4x front/ 4x rear to double time with bounce back	5x
6:28-6:40	Step touch with arms in the air	16x
6:41-6:53	Ski jump moguls	8x
6:54-7:07	Squat to knee lift alternating	8x8x

**TRACK: Got Power**

Time stamp	Move	Rep
7:12-7:20	Football run	24x
7:21-7:42	Rear lunge alternating to split jump lunge alternating	12x
7:43-7:58	Squat bounce while lifting feet off the ground to football run	32x
7:59-8:22	Boxer's shuffle to high knees	6x
8:23-8:50	Rear lunge repeater with rotation 8x each side	16x
8:51-9:05	Squat bounce while lifting feet off the ground to football run	32x
9:06-9:28	Rear lunge alternating to split jump lunge alternating	12x
9:29-9:42	Squat bounce while lifting feet off the ground to football run	32x
9:43-10:12	Boxer's shuffle to high knees	6x
10:13-10:42	Burpee to side stance and Strong cheer	8x
10:43-10:52	Step touch	12x
10:53-10:59	Strong cheer	4x

**Recharge #3**

Time stamp	move	rep
11:12-11:28	forward step	16x
11:29-11:57	forward walk in two steps, back in singles	3x
11:58	Mats	



**TRACK: Freedom**

Time stamp	Move	Rep
0:08-0:22	Russian Twist Slow	8x
0:23-0:36	Russian Twist with tempo	26x
0:37-1:01	Alternating Crunch	22x
1:02-1:16	Russian Twist	24x
1:17-1:41	Alternating crunch	22x
1:42-1:58	Russian twist	26x
1:59-2:22	L-Ups	6x
2:23-2:57	Russian Twist	56x

**TRACK: The Drop**

Time stamp	Move	Rep
3:06-3:28	Side plank with Rotation	8x
3:29-3:53	Forearm Side plank with Pull-ins	8x
3:54-4:11	Plank with Knee drive	12x
4:12-4:32	Plank Walk to basic push up	4x
4:33-5:02	Side plank with Rotation	8x
5:03-5:27	Forearm Side plank with Pull-ins	8x
5:28-5:45	Plank with Knee drive	12x
5:46-6:09	Plank walk to push up	3x

**TRACK: Mwamba Mgoma**

Time stamp	Move	Rep
6:10-6:39	Plank knee drive to cross kicks	16x
6:40-7:09	Prone Back Extension and Variation	14x
7:10-7:27	Plank to cross Kicks	8x
7:28-7:35	turn into seated position	
7:36-7:50	Lateral Crunch	14x
7:51-8:26	Alternating Crunch	35x

**Recharge #4**

Time stamp	move	rep
8:36-8:43	Heel touch	8x
8:44-8:52	Body sway	8x
8:53-9:19	grapevine	6x
9:20-9:34	step touch	12x

## COOL DOWN

0:06-0:23	Spinal Curl	14x	
0:24-0:38	Arm circles with snaps x7 hold on 8	8x	
0:39-0:44	Lunge stretch	1x	
0:45-0:52	Adductor stretch - side to side		1x
0:53-1:12	Oblique stretch x3, circle on 4 <sup>th</sup>	2x	
1:13-1:25	Arm circles with snaps x7 hold on 8	8x	
1:26-1:31	Lunge stretch	1x	
1:32-1:41	Adductor stretch - side to side		1x
1:42-1:49	dynamic adductor stretch with shoulder rolls	7x	
1:50-2:08	Oblique stretch x3 circle on 4 <sup>th</sup>	2x	
2:09-2:28	Tricep stretch 1 side at a time	2x	
2:29-2:41	Curl down and up	2x	
2:42-3:03	single side hip flexor and calf stretch	4x	
3:04-3:26	dynamic adductor stretch with rotation	17x	
3:27-3:46	single side hip flexor and calf stretch	4x	
3:47-4:12	Roundback breath1x, arm variations	2x	
4:13-4:20	Breathe		