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Posted by nicole68 - 2009/11/25 04:23

zumba fitness dvd

Just did this workout for the first time today... Was I sweating? Yes.

Moving? Yes. Heart pumping? Yes. Having fun? YES! It begins with a warm up

that already has your heart going and introduces some of the

moves you'll use later. During the

dance section be ready because she goes fast. There are

no slow-downs, or break-downs. It's a full dive in and

dance from the very beginning. Would this be the best

first dance dvd? Probably not. But if you're used to some

of these moves, follow easily, or are willing to do it over and over until

you get it, the this quick under 30 minute work out packs a real punch.

There is a short cool down that wasn't quite long enough for me (hence the

4 stars) so I did some extra stretching after it was over. But

MaDonna's energy is high and was very appealing to me,

and despite some huffing and puffing I had fun making it to the end. I

expect this DVD to become a favorite.

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