

# Zumba Exhilarate Workout Guide

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Jan 08, 2012 Best Answer: Actually there are different schedules in the guide: 1) 10 day accelerated fat loss program: Day 1) Zumba Activate Day 2) Zumba Exhilarate Day

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Mar 28, 2010 Best Answer: Hello Crystal, The Zumba Fitness kit also contains a Total-Body Transformation manual or guide which assists you in the Zumba workout.

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Is the Zumba Fitness Exhilarate DVD Set right for you? Find out from our review!

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Zumba Fitness Exhilarate DVD Set review - find out all important facts about the product in this detailed product review.

### **Amazon.com: zumba fitness exhilarate body shaping**

With the four-disc Zumba Exhilarate Body as well as the Exhilarate Program Guide featuring a 10-day Since Zumba is primarily a cardio workout,

### **Zumba incredible results - my own balance**

Right away I noticed in the program guide that some of new Zumba Step workout. Zumba just launched the Zumba Exhilarate DVD, the Incredible Results DVD

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