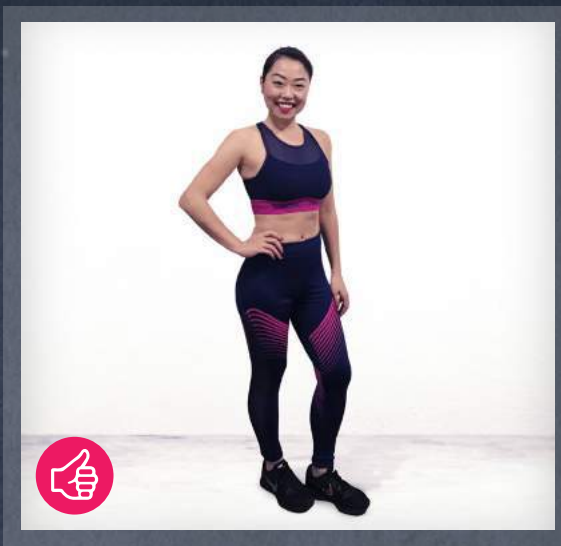
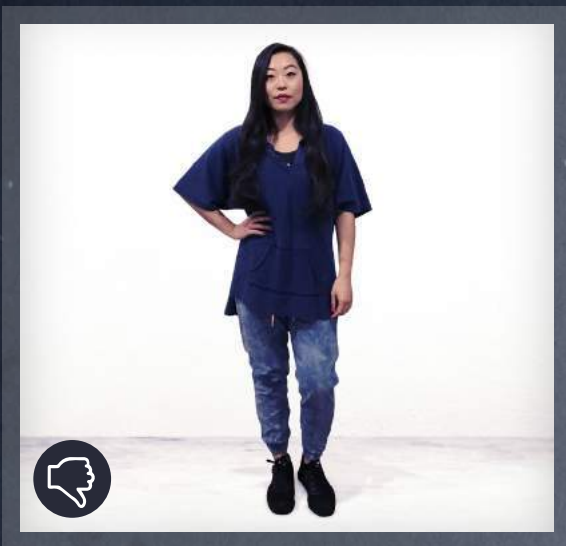


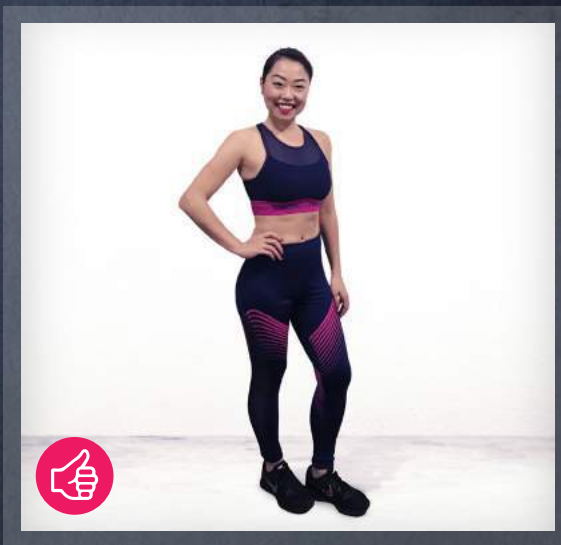


HOW TO TAKE GREAT BEFORE + AFTER PHOTOS

Getting started on your journey to total-body transformation with STRONG by Zumba®? Here are some tips to make sure your Before and After photos show off your hard work.



Choose clothes that really show off your hard work, like swimwear or tight-fitting workout gear. No baggy clothes!



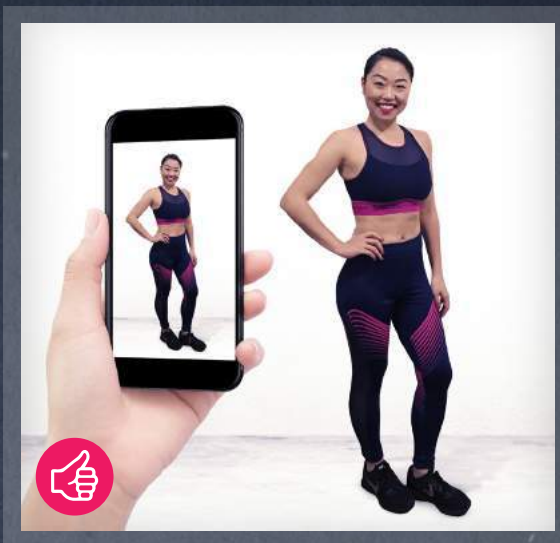
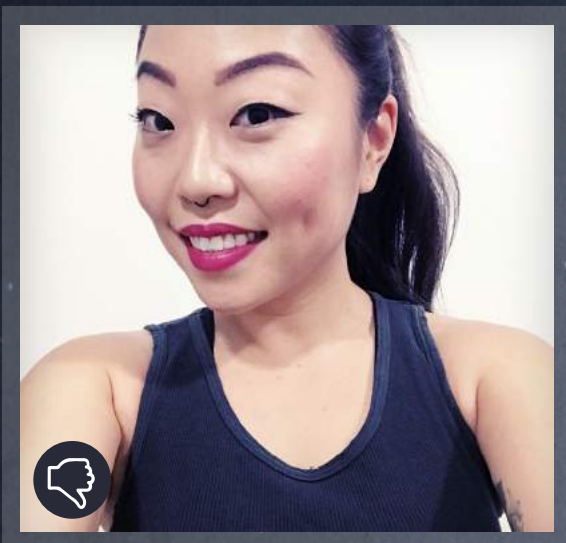
Stand against a white wall or a plain background that will not distract from your body.

STRONG
BY ZUMBA

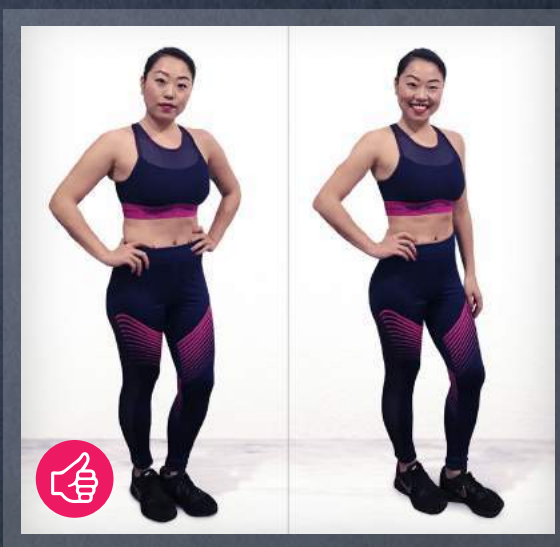
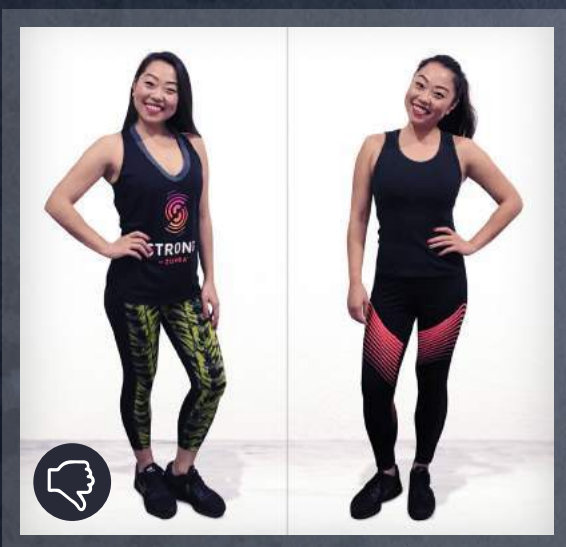
#STRONGER4ALS
30-DAY CHALLENGE



HOW TO TAKE GREAT BEFORE + AFTER PHOTOS



Make sure you get your entire body in the shot. Either use a timer on your phone or camera, or have someone take the photo for you.



For your After photo, use the same clothes and stand in the same angle as you did for your Before photo. This is the best way to show your total-body tone-up!

Now, inspire others by sharing your Before and After pics with
#STRONGER4ALS on social media.

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30-DAY CHALLENGE