



## #STRONGER4ALS

### 30-DAY CHALLENGE

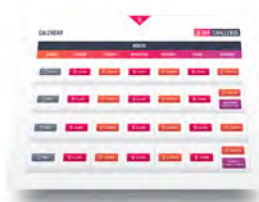
This event is designed to get people excited about our revolutionary workout program the best way possible: by doing it and seeing results. And you're the key to making it happen.

On this 30-day journey – combining STRONG by Zumba® classes, cardio work, and smart eating – you'll lead participants, track their progress, and even help them show off their hard work.

This digital toolkit has all the materials you'll need to run this #STRONGER4ALS 30-Day Challenge, and other challenges in the future. Get ready to help people start their journey to total body transformation. Good luck.

**STRONG**  
BY ZUMBA®

# YOUR #STRONGER4ALS CHALLENGE TOOLKIT



## WORKOUT CALENDAR

Make sure students don't go off-track with the printable workout schedule. It makes everything clear and easy to follow and is balanced for both the types and frequency of exercise students will be doing.



## BONUS WORKOUTS

Spice up the challenge with the **7 Minutes to Stronger** bonus workout videos. These intense workouts, built from base moves, test students to help gauge their progress.



## NUTRITION GUIDELINES

Sweat is awesome, but don't forget the value of eating right! Help students get the best results possible from the challenge with this guide to smart nutrition.



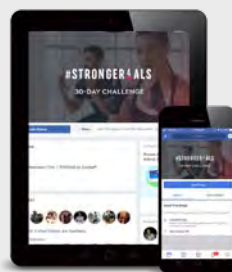
## EVALUATION FORMS

Track students' progress pre- and post-challenge with these forms and easily document their results. Document the whole group's progress with the class form, or let students track themselves with the individual form.



## A BETTER BEFORE AND AFTER

Help students show off all their hard work! These guidelines help students capture the perfect Before and After photos – which you can post on social media to market your classes!



## MAKING THE CHALLENGE MORE SOCIAL

Encourage your students to join the **#STRONGER4ALS 30-Day Challenge Facebook Group** for the best experience possible. You should join too so you don't miss any of their journey.

## BACK TO THE FUTURE

After the **#STRONGER4ALS** Challenge is done, you can keep using the toolkit to run other 30-Day challenges whenever you like.