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# Exercise intensity during Zumba fitness and Tae-bo aerobics

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## Abstract

This study analyzed and compared the exercise intensity in Zumba fitness and Tae-bo aerobics. Object of the research was monitoring of the heart rate and energy consumption in kcal during exercise unit, by using Heart Rate Monitor Suunto Memory Belt. All measurements were attended by randomly selected 11 women. The data we collected during the six units of the Zumba fitness and six units of the Tae-bo aerobics . Obtained data of the heart rate were evaluated in three main parts of workout: after warm up, in the main part of the workout and after the cool-down and final stretch. Energy consumption in

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kcal was evaluated after finishing exercise unit. Median of the heart rates prove, that the exercise intensity in the warm up and in the main part of workout was significantly higher in all 6 zumba fitness units than in tae-bo aerobics ( $p < 0.05$ ). Documented energy consumption (in kcal) burned per whole workout was also significantly higher ( $p < 0.01$ ) in all 6 Zumba fitness units. The research was conducted with the support of VEGA, grant project designed in the years 2011 - 2013, no. 1/0503/11 entitled: Functional and motor skills of athletes of all ages and performance in relation to selected parameters of the cardiovascular system.

Key words: ZUMBA FITNESS, TAE-BO AEROBICS, EXERCISE INTENSITY, HEART RATE, ENERGY CONSUMPTION

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