

## How to use the 'Salsa Personal Training' DVDs

### In brief

- **Watch all demos & explanations** to view all the moves and to familiarise yourself with how the content is demonstrated and taught.
- Choose an **Exercise**; the clip will loop endlessly.
- Use the **Menu** button on your Remote Control to stop the clip and go back to the main menu, where you can choose the next exercise.

### More details

Each DVD is organized in a number of different sections and can be used in 2 different modes, so it is very important you spend a few minutes reading this document and follow these instructions carefully to make the most of it. The following explanations refer to Volume 1 of the Salsa Personal Training but apply equally to Volume 2, since their Menus are structured in exactly the same way.

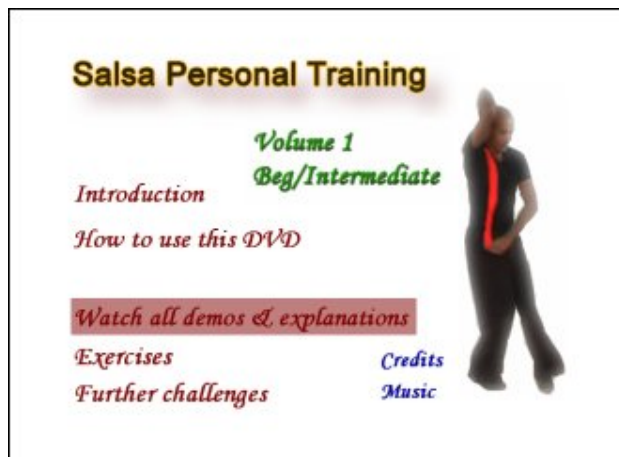


Figure 1

- 1) Each DVD is divided into 2 main parts, or modes, with 2 very different purposes.
- 2) The first part is something to *watch*, just like any other dance DVD; this includes the **Watch all demos & explanations** menu. Here we show all the material contained in the DVD. All material is both demonstrated to music and broken down slowly with counting.
- 3) The second part is something to *exercise* with; this includes the **Exercises** menu. This will guide you through the exercises and will let you practise the material in the DVD both in solo and with a partner. Consider it your Salsa Personal Trainer.
- 4) Obviously, the exercises are taken from salsa turn patterns shown in the **Watch all demos & explanations** section. We recommend you first watch this section carefully in order to understand how the exercises fit into the turn patterns. Once you have understood this relation, then try the exercises.

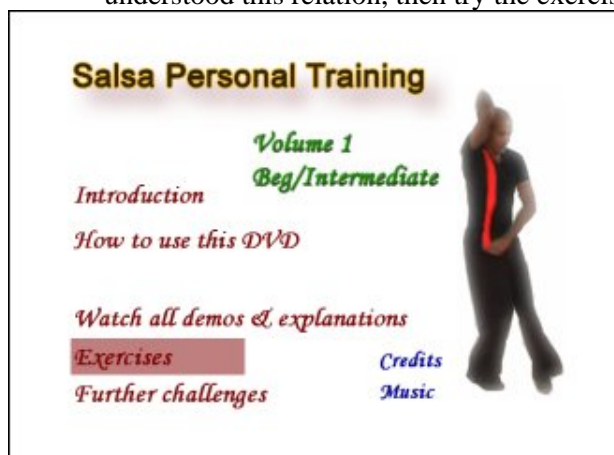


Figure 2

Ok.. suppose you are ready to *watch* the DVD. Click on the **Watch all demos & explanations** menu with your remote control, as in Figure 1. You can now watch all the content of the DVD. Do not worry about breaking it down yet, this will happen in the Exercises session. For now, just watch and try to digest the idea behind the Salsa Personal Training method. Once you have understood the idea, proceed to the **Exercises**.

Now, suppose you are ready to *exercise*. We will now guide you through one of the exercises.

- 1) Click on **Exercises** as in Figure 2, you will see a Menu like in Figure 3.
- 2) We can choose two kinds of exercises. The **Warm up & stretching** are solo exercises which involve a single rope; they are designed to improve your flexibility, agility, speed and coordination. The **Two ropes & Partnerwork** are exercises designed to learn a salsa turn pattern and they can be performed both solo and with a partner; they involve two ropes.

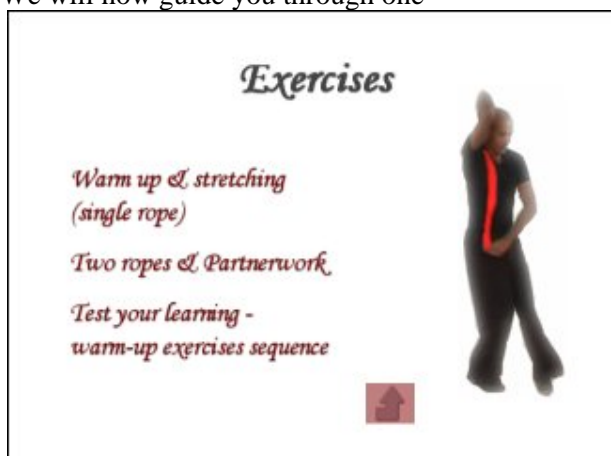


Figure 3

- 3) Click on **Warm up & stretching** and you will see a Menu like in Figure 4, showing all the warm up exercises available. Just as an example, highlight **Paseo a la izquierda** and press **Play** on your remote control.
- 4) You will reach a Menu like in Figure 5. By choosing **Paseo a la izquierda - Demo & Explanation** you will be able to review the content of this exercise. This is the same clip for Paseo a la izquierda you saw in the **Watch all demos & explanations** section and it is here to remind you of this move.

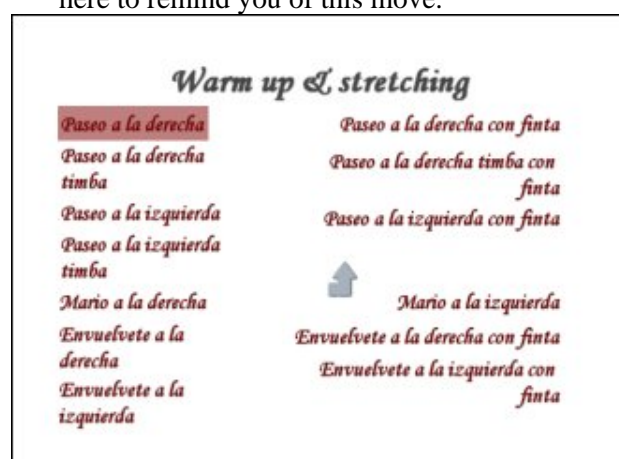


Figure 4

- 5) By choosing **Paseo a la izquierda - with counting** you will be able to practise the exercise following Patrice. In this clip there is no music and Patrice counts the music beats for you at a very slow pace, ideal for learning. Also, you see Patrice from the back, which is perfect in order to understand and reproduce the exact movements. The clip loops forever, that is, it never stops so you can practise this move until you are satisfied with your progress. To stop the clip,

press the **Menu** button on your remote control, which will bring you back to the previous Menu.

- 6) By choosing **Paseo a la izquierda - with music** you will be able to practise this exercise with Patrice following a music loop. This clip is faster than the one with counting and allows you to practise the move at a proper tempo. Also, now you see Patrice from the front, which provides some style clues. Notice the beat counter on the bottom left: it shows all the 8 beats of a typical music phrase, which helps you to ensure you are in time with the music. As before, the clip loops

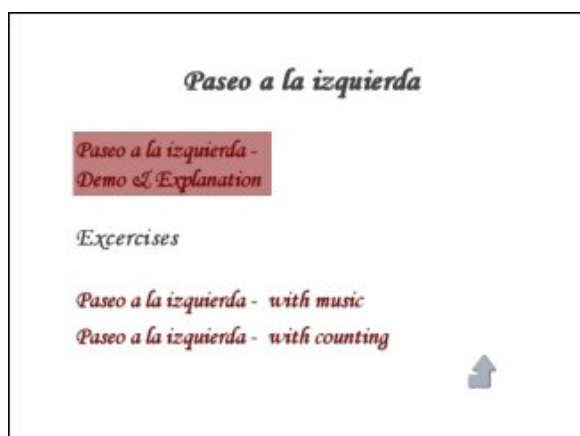


Figure 5

forever so you need to press the **Menu** button on your remote control to stop it and go back to the previous Menu.



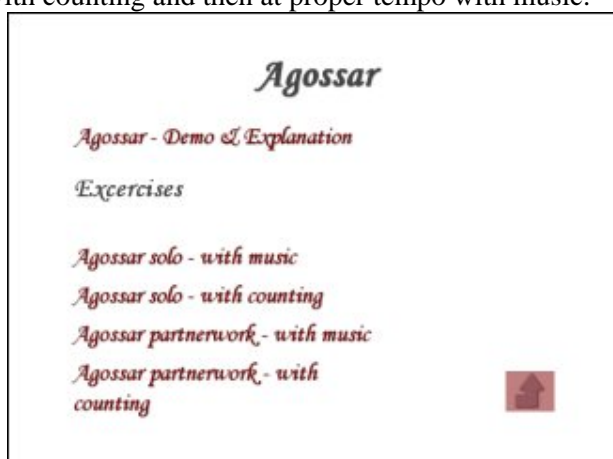
**Figure 6**

music', however now you can choose whether to exercise solo or with a partner. If you exercise solo, you will use 2 ropes. In either case, you will be able to learn the move first by following the instructors slowly with counting and then at proper tempo with music.

- 9) From the Menu in Figure 3, by choosing **Test your learning - warm-up exercises sequence**, you can test your learning, your style, your memory, and your agility by following the instructor doing all the solo Warm up & stretching exercises in a sequence.

- 10) Finally, from the Menu in Figure 2, you can choose **Further challenges**. These are additional Cuban Salsa moves which come without the solo exercise with the rope. You need a partner to exercises these moves and they are here to provide some bonus ideas to increase your Cuban Salsa repertoire.

- 7) Now, suppose you are done with the 'Warm up & stretching' exercise and you want to try the rest. Click on **Two ropes & Partnerwork** in the Menu as in Figure 3. You will reach a Menu like in Figure 6. You will see a number of available exercises. Suppose you choose **Agossar**. Once again, highlight it with your remote control and press **Play**.
- 8) You will see a Menu like in Figure 7: the different options work exactly as for 'Paseo a la izquierda - with



**Figure 7**

## How to use and make the belts

Here we describe the belts in detail so that you can decide whether to purchase them from us or to make your own. We will also explain how to use the belt both for the exercises which require a single belt and the ones which require two.

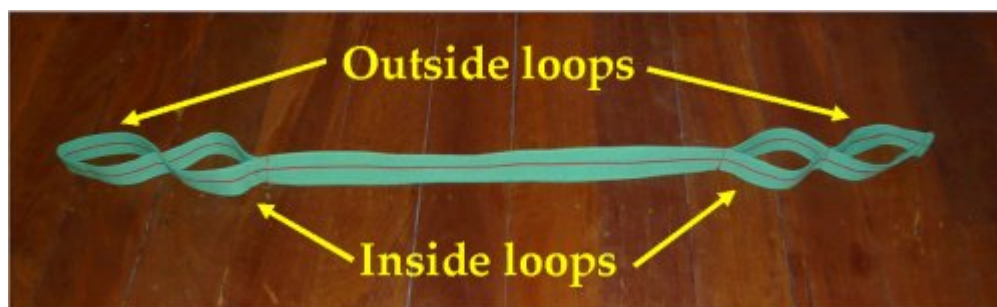
Please note: you see plenty of ads on TV and on the net trying to sell you exercise equipment. Usually this is done by 'inventing' some fancy exercise for it. What we offer is different. We offer a novel method to practise salsa; the equipment (the belts) is just a means to perform the exercise. You can make the belts yourself; if however you are too busy or you can't be bothered to work out the details you can purchase them from us.. easy.

**Single Belt.** You use a single belt to perform all the stretching and warm up exercises contained in the Salsa Personal Training DVDs.

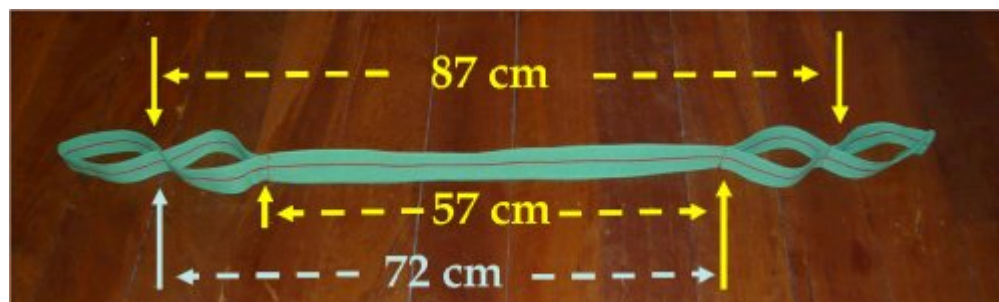
**What is it made of?** After some experimentation with different material, Patrice worked out that the most effective solution is to use martial art belts. The only modification that is needed is the addition of loops at the two ends so that you can hold the belt with your fingers and not by gripping with the full hand, exactly as you do when you dance salsa (you surely know that using the thumb in salsa is totally illegal!)

**How is it made?** Since people come with different sizes (arm length and chest width) two loops are added at each end of the belt so that you can use the belt at different lengths, without any further adjustment. This is important because the arms and chest width of your dancing partners may vary and you need to learn to execute the exercise with belts of different lengths. I also find that using a longer belt extension makes it easier when I learn the exercise and when I am familiar with it I start to practise with a shorter length.

**How does it look?** So here is how the belt looks like. As you can see there are two loops at each end, which we call outside and inside loop.



The measurements are:



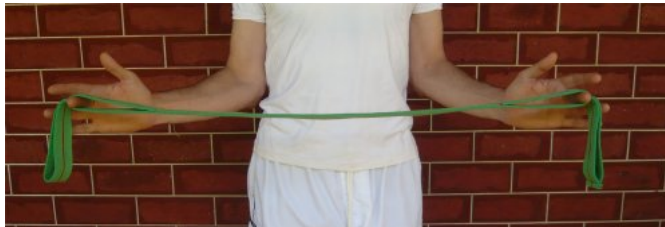
**How do I use it?** This design allows the use of the belt at three different lengths:



Full extension; hold the rope at the two outside loops: length 87 cm.



Intermediate extension; hold the rope at the outside loop at one end and at the inside loop at the other: length 72 cm.



Minimum extension; hold the rope at the two inside loops: length 57 cm.

**Two Belts.** You use two belts to practise by yourself the salsa moves you normally execute with a partner. Each belt is exactly the same as the single belt described above. The loop at one end is used to hold the belt as before; the loop on the other end is used to hook, tie or hang the belt to a wall, pole, door handle, wherever is convenient in your home or your dance studio. The loop allows you to hook or hang the belt without knots or permanent fixing, so you can hang and remove the belt anytime you want. This also means that buying two belts allows you to carry out both the exercises with a single belt and the ones for two belts (you do not need three belts).

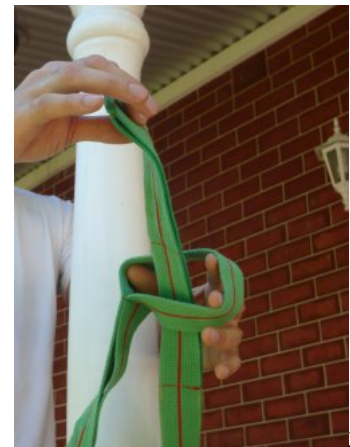
Here is how you hook the belt to a fixture:



1



2

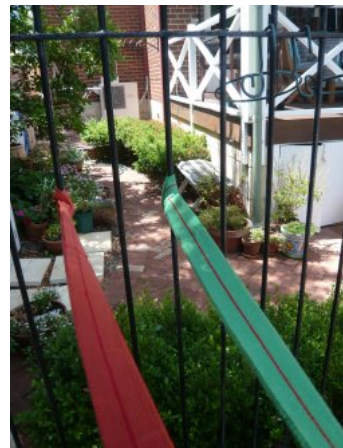
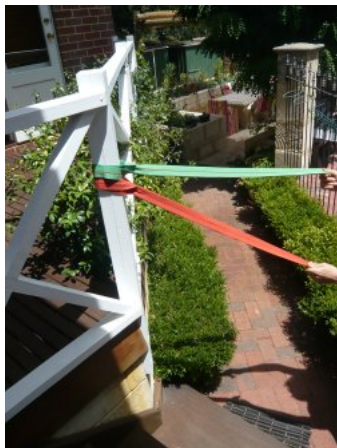


3



4

And here are examples for fixtures you can use in your surroundings.





**Do I really HAVE to use a martial art belt?** Of course not. This is the material we prefer, you can try to experiment with whatever else you have at home. If it does not work you can go back to the martial art belt idea.