

**Dance Fit with Rayvynne:
Guide for Choosing Fitness Apparel, Accessories & Footwear**



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Website: www.Rayvynne.com

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**Dance Fit with Rayvynne:
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Table of contents

Page 3	What is <i>Dance Fit with Rayvynne</i> ?
Page 3	What to bring to class?
Page 4	Apparel
Page 4	What is moisture wicking?
Page 4	Apparel & accessories to avoid
Page 5	Sports Bra
Pages 6 – 7	What to look for when purchasing a sports bra?
Page 7	How to care for your sports bra?
Page 8	Knee pads
Page 9	Footwear
Page 10	Disclaimer

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What is Dance Fit with Rayvynne?

Dance Fit with Rayvynne is a fun, total body workout that involves dance, aerobics, calisthenics, twerking/booty popping, dancehall (country of origin: Jamaica), soca/chutney (country of origin: Trinidad and Tobago).

Class starts off with a warm up followed by stretching, then dance fitness routines and a cool down. This is a beginner to intermediate dance fitness class.

Bring water, a flag to represent your country, a rag, a towel and knee pads to do some sexy floor work exercises and routines.

Smile and sweat your way to a healthier you burning between 150 – 500+ calories.

For more information and to see my class schedule go to www.Rayvynne.com

What to bring to class?

Two flags to represent the country you are from (we use flags for various routines and toning and strengthening of the arms)

Knee pads (used in floor work and some dance fitness routines)

Rag and Towel (rag – used to wipe sweat; towel to use to sit on or for your head for floor work)

Water (rehydrates the body and helps muscles work efficiently)

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Apparel

Choose clothing that is light weight and easy to move in

Always opt for fabrics that won't encourage moisture also known as moisture wicking

Try clothing on at home to make sure it's comfortable, fits well with no riding up or falling too low when bending, twisting, etc.

Choose tops like muscle tanks, tanks, racerback tops, sleeveless tops or spaghetti strap tops

What is moisture wicking?

Moisture wicking fabrics are synthetic fabrics that draw moisture away from the body unlike cotton that absorbs moisture

Some brands that have moisture wicking apparel are Dri-Fit from Nike or Cool Max, Under Armor, etc. Some stores that carry moisture wicking tops and tights and leggings: Footaction, Forever 21, Zara, Lane Bryant and Ashley Stewart just to name a few

Apparel & accessories to avoid:

Cotton Tees and cotton panties because of moisture which can make you uncomfortable

Ill-fitting socks

Low cut tops

Long sleeves shirts tied around the waist can become loose at the waist and fall during your workout causing an injury to you or someone else

Tong underwear instead opt for seamless underwear

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Sports Bra

It's important to choose the right sports bra, not wearing a proper sports bra can cause tension and strain on the neck and upper back

You can choose a tank that has a built in bra

Avoid low cut tops and get a higher cut if possible

If possible sports bra should have a high back

Choose a sports bra that will maintain its shape and has a snug fit

✓ **Sports Bra Yes**



Diagram from the bra guide

Visit <http://thebraguide.com/guide-best-sports-bra/> for more information

X Sports Bra No



Diagram from <http://www.intimateguide.com/articles/why-you-need-sports-bra/>

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What to look for when purchasing a sports bra?

Cups & Padding, etc.

Should be bra-sized (if you don't know your bra size you can get measured at stores like Victoria Secret, Macy's, etc.)

Must try on and make sure the breasts are fully contained in the cup

Choose molded cups

Ventilated padding or padding with perforations

Encapsulated cups which helps to decrease side to side motion

Adjustable bands

Hook and eye fasteners for larger breasts or velcro closures

Front zipper for ease

Fabrics/Materials

Tightly woven fabric on the inner layer which helps to reduce bounce and create more stability

Moisture wicking fabric and temperature regulating fabric like polyester, lycra mesh and nylon just to name a few

Lightweight and breathable fabric

Mesh panels

Straps

Adjustable straps

Cushioned shoulder straps

Opt for straps that don't stretch to avoid bounce

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Straps continued

Thicker straps (cross straps for bigger busts for more support)

Vertical straps – no knots or knotting of any kind because it can become uncomfortable when performing exercises like sit-ups, crunches, etc.

How to care for your sports bra?

Hand wash or toss in the gentle or hand-wash cycle of your washing machine

Wash in cold water

Use alcohol free detergent

No fabric softener

Air dry if possible because placing in a dryer can change the shape and sizing of your sports bra especially if placed on a high heat; do not place on a high heat and do not leave in dryer for very long time

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Knee pads

Knee pads are used for the following:

Acts as a cushion for safety

Comfort

Durability and mobility

To protect your knee from injuries such as bruises, friction burns, cuts, scrapes

Supports the knee

How to choose the correct size knee pads?

Size chart from <http://kneepadsreview.com/dance-knee-pads-for-dancers/>

1. Measure the width of your knees with a measuring tape
2. Then choose a size:
 - a. X-Small = 8 1/2" – 10" to 7" x 4 1/2"
 - b. Small = 10 1/2" - 12" to 8" x 5.245"
 - c. Medium= 12" – 14" to 8.5" x 5.5"
 - d. Large = 14" x 16" to 9" x 6"

How to choose your knee pads?

Make sure the kneepads are the right amount of thickness so it will not inhibit movement

Comfortable

Durable

Fabric is soft and rigid

Flexible

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Footwear

Try to have 2 – 3 pairs of sneakers that you use interchangeably, especially for dance fitness class. Having different pairs of sneakers can help slow down the rate of wear and tear on the same sneaker. Using the same sneaker for a long time can cause a loss to its cushioning, the lining may come apart, may lose traction on the bottom, etc.

Always try on sneakers before purchasing to make sure it's comfortable

Breathable mesh

Cushioning

Flexible grooves on the outsole this can help change direction quickly and helps with precise movement

Heel stability

Laces or straps so sneakers stay comfortably on the feet

Light-weight

Form-fitting (so it does not slip off your foot which can cause injury)

Pivot Point (smooth rubber circle under the big-toe joint)

Rounder toe for toe comfort



Photo from Dancemania

Here are some companies that carry or make dance fitness sneakers:

Pastry at www.lovepastry.com/dance

Zappos at www.zappos.com and type in your search “dance fitness sneakers”

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