

Search strategy:

- **Pubmed**

For total fat mass (%):

("zumba") AND ("Waist circumference" OR "waist-hip" OR "fat" OR "weight" OR "BMI" OR "body composition" OR "body mass")

For VO_{2peak}:

("zumba") AND ("vo2" OR "oxygen" OR "VO2max").

- **Web of Science**

For total fat mass (%):

TS=("zumba") AND TS=("Waist circumference" OR "waist-hip" OR "fat" OR "weight" OR "BMI" OR "body composition" OR "body mass")

For VO_{2peak}:

TS=("zumba") AND TS=("vo2" OR "oxygen" OR "VO2max").