



**HER BAG**  
This Adidas bag is all I need for my belongings since it is so roomy.

For 10 minutes, Marta Formoso leapt, twirled and kicked – while carrying her bag – just so that the photographer could get a good shot.

You apologise but the global fitness ambassador for dance at Adidas said with a smile before taking another jump: “Don’t worry. Other photographers have made me do this for half an hour. I’m used to it.”

The 25-year-old Spaniard was here to conduct Zumba classes at four True Fitness gyms last month.

Created in the 1990s by Colombian celebrity fitness trainer Beto Perez, the cardio dance routine fuses a myriad dance moves from cumbia to the cha-cha-cha.

The photo shoot is no sweat for Ms Formoso, who once conducted an eight-hour workshop for dance instructors in Taipei straight off a 20-hour flight.

“I killed them,” she recalled with a laugh. “When I said ‘Goodbye, see you tomorrow’, they were all lying on the floor.

But your body feels good. Once you hit the shower, you feel energised.”

Ms Formoso, who started dancing ballet recreationally at age six, joined

Adidas in 2008. Her job includes inventing new moves every six months to be used in classes carried out by the brand.

She has also appeared as a judge on Spanish reality talent show Operacion Triunfo and recently worked as a choreographer for Taiwanese singer Rainie Yang.

“The good thing about dance is it gives you the opportunity to jump into a different role,” she said.

“You can be a housewife who is always covered up. But if you come for class, I can make you feel like the sexiest woman alive for that one hour.”

Dancing is also a great cardiovascular workout and trains muscle endurance, she added. An hour-long session can burn anything between 400 and 700 calories.

Still, her formidable stamina and agility could not prepare her for the waltz number she and her husband, Pablo, had to perform at their wedding in July this year. He oversees personal training and education for a large fitness chain in Barcelona.

“My husband is the worst dancer in the whole universe,” she said, laughing.

“He kept stepping on my feet. So we stopped and asked everybody to dance with us. I told the crowd, ‘Stand up guys. Come and help me’.”

Still, she remains optimistic. “There’s nobody in this world who can’t dance. The problem is shyness. If you give them three tequilas and turn off the lights, everybody can dance.”

## 7 THINGS IN HER BAG

### 1 TRX SUSPENSION TRAINING SYSTEM

This compact equipment fits into my bag or suitcase. I just attach it to the door to get an entire body workout.



### 2 SCARF

I catch a cold easily. I can’t afford to get sick because of my work so I always have a scarf or a jacket with me.



### 5 IPHONE

My whole life – from my agenda to flight details and ticket reservations – is in here. I also have photos from my wedding and of people I love, such as my nephew. It helps to have them close when I miss home.



### 4 TRAVEL ADAPTOR

I used to forget to pack an adaptor whenever I travelled and always had to buy or borrow one. Now I always have one in my luggage and one in my handbag.



### 6 MESSAGE BALLS

This helps soothe the body’s trigger points. I made it by taping two tennis balls together. I roll it on my back when I’m on the plane to massage my back, or have it on the floor when I’m working on the computer to massage my feet.



### 7 PHOTO STICKERS

This was taken with the three Adidas global fitness ambassadors for martial arts, yoga and personal training in Taiwan recently. We squeezed into a small photo booth and tried doing the “Happy Happy” pose indicated on the screen. It was a nice moment.



### 3 CHILDHOOD PHOTOS

When I first learnt how to write, I wrote my name and the year at the back of this photograph. The other photo is of my elder brother whom I’m very close to.



ST PHOTOS: AIDAH RAUF

**STOCKISTS** 3.1 Phillip Lim, 02-05 Hilton Hotel; Agnes b, 03-24 Ion Orchard; Alldressedup, 02-37 Paragon and 03-11 Ion Orchard; Antepprima, 03-23 Ion Orchard; Balencaga, 01-09 Hilton Hotel; Banana Republic, 02-04 Paragon; BooksActually, 85 Club Street; Bottega Veneta, 01-04A Ion Orchard; D&G, 01-08 Mandarin Gallery; Diva, B4-25 Ion Orchard; Fuchsia Lane, 03-04 Red Dot Building; Gucci, 01-38 Paragon; Louis Vuitton, 01-20 Takashimaya Shopping Centre; Marni, 01-06 Paragon; Monsoon Accessorize, B2-32 Ion Orchard; Mulberry, 01-01 Hilton Hotel; On Pedder, 02-12P Takashimaya Shopping Centre; Peanuts Pop-Up Store, 02-39 Hilton Hotel; River Island, B2-30 Ion Orchard; Sasa, 01-14 Wisma Atria; Sulin Serio, B1-18 Tanglin Mall; Tang-CO, 02-12 Paragon; Topshop, B2-01 Ion Orchard