

Bodypump 104 Choreography Notes

Swwatchz

Apr 9, 2014 · What is BODYPUMP and what you need to know before taking a class. This post is a review and tells you everything you can expect. BodyPump™ is a 60-minute workout that challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and ... BODYPUMP is a barbell workout designed to get you lean, toned and fit. The combination of scientifically backed moves, motivating instructors and great music helps you achieve much more ... Apr 2, 2025 · BODYPUMP is a total body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong and fit. May 3, 2024 · Feel fitter, stronger and more powerful with this quick 13-min

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