

Bodypump 87 Notes

BodyPump - #113 Length: 56 min Instructors: Erin & Linda The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight ... Jan 31, 2024 ·

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instructor. Jun 1, 2025 · A very basic explanation of the BodyPump program is this: It is 60-minutes of resistance exercise using a barbell, but in a very different way. Rather than focusing on heavy weights, the ... Iconic and timeless, BODYPUMP™ is heart-pumping, high-rep resistance training. It's a strength training classic. A full-body workout that builds strength endurance - and leaves you feeling strong, fit and ...

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