

# Bodypump 94 Choreography Notes

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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 your ... 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 ... May 3, 2024 · Feel fitter, stronger and more powerful with this quick 13-min BODYPUMP™ workout created by the fitness powerhouse LES MILLS to make you move for the planet. What Exactly Is BODYPUMP? BODYPUMP is a barbell-based workout that focuses on strength endurance. Each 45 to 60 minute class is choreographed to motivating music and led by a certified Les

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**What is BODYPUMP: BODYPUMP 101 overview and first-timer tips**

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