

## Bodypump 89 Choreography 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 ... Sep 10, 2025 · In this in-depth guide, we'll cover everything you need to know — from how many calories you burn in a BodyPump class to whether it's better than spin or HIIT, what kind of results ... BODYPUMP is a full-body workout fitness class where participants use a barbell with adjustable weights to complete a series of high-rep, low-weight exercises while being led by an instructor. Jan 31, 2024 · BodyPump is a barbell workout by Les Mills, designed to get you lean, toned and fit. The combination of scientifically-backed moves, motivating instructors and great music helps you achieve ... Sep 24, 2024 · BODYPUMP is a highly effective, full-body workout that combines the benefits of strength training and cardiovascular exercise into one dynamic class. With its focus on high ... Les Mills BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, BODYPUMP ... 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. 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 ... 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 ... 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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**BodyPump for Weight Loss: The Complete Guide to Results, Calories, ...**

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*What is BODYPUMP? Benefits & Workouts - Everyone Active*

*These 7 Things Will Happen When You Do BodyPump Exercise*

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