

# Body Pump 86 Manual

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Feb 04, 2014 Body Pump is a group exercise class in which participants use barbells. Photo Credit kzenon/iStock/Getty Images Body Pump is one of eight choreographed

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back track too! The lunge track is, erm, interesting! Really can't wait to see how  
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I have attended Les Mills Body Pump at a NYC gym, and at fitness conventions. The classes I  
have seen have paid little or no attention to correct lifting and alignment.

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I participated in Body Pump classes for 2 years. Lost 30 pounds, toned my entire body,  
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