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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

Jun 23, 2015 Body Pump is a strenuous, weight-oriented exercise program designed by Les Mills International. Incorporating specific audio tracks designed to guide

Les Mills BODYPUMP 86 at Super Sunday 2013. The world's largest group fitness class - BODYPUMP by Les Mills. Gym Trainer, Marriage, Auto Rickshaw, Manual Rickshaw Bodypump 86 manual.pdf Kinetico model 2030s installation manual.pdf American chemical society exam study guide 2013.pdf Outback service repair manual.pdf

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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