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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 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.

Feb 20, 2013 The official sizzler of BODYPUMP 85 siguenos en: <https://www.lesmills.com/bodypump>
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body pump get lean, tone muscle, get fit; body step lift your fitness, raise your energy; les mills grit strength high-intensity interval training; all classes; done.

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

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