

Bodypump Instructor Manual

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Les Mills Bodypump Instructor Training Experience - Sweet ...

bodyattack get fit, stay fit, stay fitter; bodycombat release your inner warrior; bodybalance calm & centered, long & strong; bodyjam hear the beats, feel the moves; bodypump get lean, tone muscle, get fit; bodystep lift your fitness, raise your energy; cxbwrx 30 minutes of core intensity; les mills barre ballet inspired workout to shape & tone; les mills grit athletic high intensity interval ...

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What I Learned At My Les Mills BodyPump Initial Training ...

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Body pump exercises are performed whilst standing and to fast, upbeat music. The type of exercises you will be doing include: Squats, this will work your thighs and hips. You will squat with the weight on your shoulders. Bicep curls to work out those biceps; Lunges, for shaping and toning the buttocks. Abdominals for strong abs and core; Triceps to get rid of those flabby bits of the arm ...

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Bodypump Program Manual

BodyPump classes last around an hour and are generally in a group format, with an instructor. During this time period, you'll hear between eight and ten dynamic songs to go with the exercises, and you'll work out a different muscle group with each song.

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