

DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
60 MINUTES	WEIGHTS BASED RESISTANCE TRAINING	MODERATE TO HIGH INTENSITY	560	BARBELL, PLATES AND HEIGHT ADJUSTABLE STEP	LATEST HARD HITTING AND INSPIRING TUNES	INCREASES STRENGTH AND ENDURANCE, TONES AND SHAPES, HELPS MAINTAIN BONE HEALTH



WHAT DO I NEED TO BRING?

Comfortable workout clothes, training shoes, water bottle and towel and attitude! We supply everything else.

HOW OFTEN SHOULD I DO BODYPUMP®?

We recommend two to three classes a week. Your body needs recovery time between workouts so rest at least one day between classes.

WHEN WILL I NOTICE RESULTS?

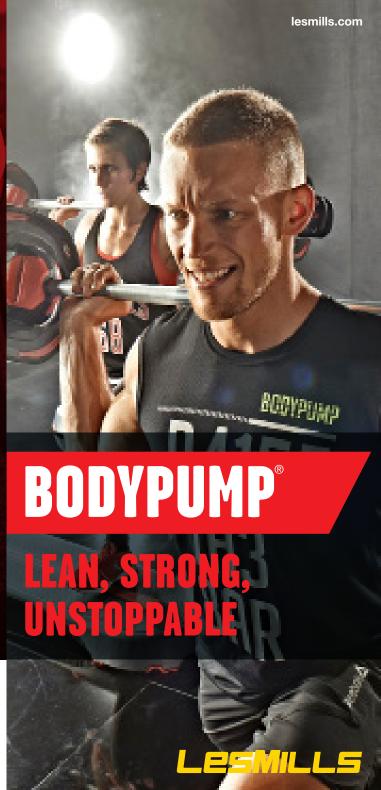
Once you've started BODYPUMP®, your muscles will quickly adapt to this type of workout and you'll notice strength gains as your body gets used to lifting weight. As your strength improves, you'll start to see fat loss and improved muscle tone. Don't overdo it - if you start to increase the weights too quickly, you could suffer injury. Physical activity isn't a quick fix - it should become a part of your lifestyle.

For more information ask your instructor or visit lesmills.com/bodypump



For class times, please check out the group exercise schedule at your facility.

lesmills.com





· Give a sense of achievement

every three months with new music and choreography.

Like all the LES MILLS® programs, a new BODYPUMP® class is produced



DESCRIBE A TYPICAL CLASS

You'll use a step platform, a bar and a selection of weights to suit your fitness level. If you're new to resistance training, or if you're out of shape, you should start with light weights.

After a few classes you'll know how much weight is right for you. If you're unsure, ask your instructor.

1. WARMUP

2. LEGS/SOUATS

4. BACH/GLUTEALS/HAMSTRINGS

5. TRICEPS AND BICEPS

6. LEGS/LUNGES

7. SHOULDERS/ARMS

8. ABDOMINALS

9. COOLDOWN/STRETCH

BODYPUMP® TIPS

Your instructor is there to make sure you do everything correctly, but try to remember:

- Good posture is the foundation of all exercise –
- Focus on learning the right technique at the beginning.
- Work continuously at perfecting your technique.
- Don't overdo the weights start gradually increasing them after
- Perform the movements with control smooth actions, not jerky.
- Always keep your joints slightly bent don't lock out.
- Keep focused on the working muscles and stabilize the others.
- Listen to your body it will tell you if something is not right.