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come to a bodypump class, and you'll get your sweat on, while burning calories, sculpting toned muscles and honing your core all at the same time. a lesmills instructor will challenge you to up the intensity and motivate you to make the most of every round. you'll release stress, have a blast and feel like a champ. designed for fit, active people who want a fitness workout that is fun, rewarding, and challenging. bodycombat is non-contact, and there are no complex moves to master. a les mills instructor will challenge you to up the intensity and motivate you to make the most of every round. you'll release stress, have a blast and feel like a champ. bodypump is enjoyed by millions of people around the world and is now available to try at home with the les mills pump dvd series. brought to you by the team at beachbody, les mills pump allows you to get a taste of the live bodypump class at home, hone your moves and get a bodypump fix when you can't get to the gym. the body pump weight training system is proven to burn more fat than any other non-contact total body workout including working the core. with the easy-to-use, handheld system, you'll be using the 2 weight stacks to work each body part with proper technique, in one of seven routines set to the

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best music to get you moving and sweating like never before. \*\*\*2nd-generation bodypump has everything you need to revamp your fitness and sculpt your body with the most effective, innovative workout you've ever experienced  
\*\*\* 45-minute total body diet - a highly effective and proven total body workout using a variety of core, cardio and muscle shaping exercises to sculpt and tone your body. this exclusive les mills creation to get you in shape.

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bodypump will really challenge all of your major muscle groups so we recommend you do no more than two to three classes a week, and make sure you have a day off in between. add two to three cardio classes into the mix and you'll shape and tone your body in no time. vidpal 720p body pump is an excellent workout dvd from leading fitness trainer of the bodypump fitness empire shannon geary. contains 30 minutes of the ultimate bodypump workout, including: body focused cardio (to your heart's content!), the megaset and interludes, body warming and cooling music, and body warming and cooling vocal. this dvd version contains both an on-screen and an all-new in-video workout program so that you can follow along at home. bodypump 2011 bodypump bodypump 2009 bodypump les mills workout - les m. bodypump 1 macromedia fontographer 4. 1 01/02/02 bodypump1. spotify is a digital music service that gives you access to millions of songs. bodypump 1 macromedia fontographer 4. spotlight is a the digital magazine app for mac. 1 les m. 1. 1 bodypump1. (872 mb)vidpal 720p body pump is an excellent workout dvd from leading fitness trainer of the bodypump fitness empire shannon geary. step into a bodycombat workout and you'll punch and kick your way to fitness, burning up to 740 calories \* along the way. this high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. a les mills instructor will challenge you to up the intensity and motivate you to make

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the most of every round. youll release stress, have a blast and feel like a champ.bodycombat is available as either 55, 45 or 30-minute workout. 5ec8ef588b

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