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Much of its collection was seeded by Project Gutenberg back in the mid-2000s, but has since taken on an identity of its own with the addition of thousands of self-published works that have been made available at no charge.

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Notes

Before we get started on the latest release

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Notes Summary

for BODYPUMP, if you need a primer on what a BODYPUMP class entails, check out BODYPUMP overview and tips for first-timers. What you really need to know is that BODYPUMP is a strength class, primarily using a barbell and weight-plates. And it's awesome. Overall notes on BODYPUMP 94. Wow!

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**Les Mills BODYPUMP
94 group fitness
review | A Lady Goes
West**

BodyPump 94 in
Reebok Fitness Iceland
Presenter: Magnus
Thor. Song Heroes (We
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Notes Sarah Greenhow?

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004 by Ridwan Patel -

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Ridwan Patel 19,581

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And this one definitely burns. In a regular BodyPump class we usually do 800 repetitions, in BodyPump 94 there are over 1000!!! Holy smokes, bring your A-game, grab your wheaties in the morning, and have extra too, because you are gonna need it! So let's get into the playlist and dissect the

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tracks.... BodyPump 94

tracklist Swwatchz

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playlist - Di Hickman

Les Mills - BodyPump

93 (Master Class,

Choreography Notes,

Music CD) 14 Days

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not often we describe

lunges as 'fun', but

then again, it's not

often that this

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BODYPUMP™ staple is paired with music as vibrant and catchy as it is with the latest release. Set to the quirky ...

**Les Mills -
BodyPump 93
(Master Class,
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...

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit - fast. Using light to

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Notes on Patch

moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music - helping you achieve much more than ...

BODYPUMP - LES

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It's impossible to see

what is choreography,

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timing, lyrics, and repetitions. I really liked the old format that we're used to, because it was neatly separated into what is choreography, lyric cues etc. I don't like having to squint my eyes and read a bunch of lines 4 times to find out what the notes want me to do.

**Les Mills new
choreography note
format - Simon Philp**

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The choreography was fairly simple to catch on to with the exception of track 3. I learn BODYPUMP from reading the notes and it would not stick for some reason. WEIGHT SELECTION The members looked rather bored the first time I taught this release. I did recognize that they found the chest track 3 exceptionally challenging as did I.

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Notes & Analysis

**Work, Work, Work,
Work, Work, Work -
Review of Les Mills**

...

For BODYPUMP, I learn the moves mostly by reviewing the choreography notes and listening to the music. (These are mostly stationary resistance moves, which will be performed with weights, but initially I practice with no weights.) For CXWORX,

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I learn the moves mostly by doing them with the video, then follow up with studying the notes to music ...

How to learn Les Mills choreography | A Lady Goes West

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