

BODYPUMP 110

GLOSSARY

MUSIC

EXPRESS FORMATS

01. WARMUP

02. SQUATS

03. CHEST

04. BACK

05. TRICEPS

06. BICEPS

07. LUNGES

08. SHOULDERS

09. CORE

10. COOLDOWN

45-MIN FORMAT

05. TRICEPS/BICEPS

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06. LUNGES/SHOULDERS

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Bodyump 94 Choreography Notes

Lei Shi



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In a global inundated with monitors and the cacophony of immediate communication, the profound power and psychological resonance of verbal artistry frequently fade into obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, situated within the lyrical pages of **Bodyump 94 Choreography Notes**, a interesting work of literary beauty that pulses with organic feelings, lies an unforgettable trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, that enchanting opus manuals readers on a psychological odyssey, delicately revealing the latent possible and profound impact embedded within the complex web of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is central styles, dissect its fascinating writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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