

# 1 WARMUP

## WEIGHT SELECTION

Light barbell + 2x light plates



## DEMONSTRATE

SET Position

## TRACK FOCUS

Connect your class to the workout through the music, timing and target zones.

SET	TIME	MUSIC	REPS	EXERCISE	NOTES
1	0:00	Rest	20	Shoulder Roll <b>10 x 20 seconds</b>	
	0:10	45	<b>Rest</b> 1	20 DEADLIFT	0:10
	0:20	75	1/2 Lunge	1/20	0:20
	0:30	90	1/2 Lunge	20 DEADROW	0:30
	0:40	75	1/2 Lunge	1/20	0:40
2	1:10	75	<b>Rest</b> 1/2 Lunge	20 UPRIGHT ROW <b>10 x 20 seconds</b>	
	1:20	75	1/2 Lunge	1/20	0:10
	1:30	90	1/2 Lunge	<b>COMBINATION 1</b> 1x 1/2 CLEAN & PRESS (0:10) 1x 1/2 DEADROW (0:10)	0:10
TRANSITION	1:30	0	<b>Rest</b> 1/20	Shoulder Roll Transition <b>10 x 20 seconds Squat</b>	0
3	2:20		1/2 Lunge	4 x SQUAT <b>MC Stance</b>	0:10
	2:30	45	<b>Rest</b> 1/20	1/2 (SQUAT) Leads 2 mts, align ft feet back	0:10
	2:40	0	1/2 Lunge	1/2 LUNGE L Switch legs on last 2 mts	0:10
	2:50		1/2 Lunge	1/2 LUNGE R	0:10
	3:00	75	1/20	Leads 2 mts, transition to MC Stance	
	3:10	0	1/20	1/2 SQUAT <b>MC Stance</b>	0
TRANSITION	3:10	75	1/20	DOWN quickly and HOLD (0:10) and UP slowly (0:10)	
4	3:20	75	1/20	Transition Pick up light plates	
	3:30	45	<b>Rest</b> 1/20	4 x SIDE RAISE <b>10 x 20 seconds</b>	0:10
	3:40	0	1/2 Lunge	1/2 (SQUAT)	0:10
	3:50	75	1/20	1/2 SIDE ROTATOR RAISE (0:10) 1/2 SIDE ROTATOR RAISE with AT CLEAN PRESS and down to SET Position	0:10

**RECOMMEND:** Shake the arms and legs, light torso twists.

# Body Pump 85 Choreography

**M Woodhall**



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