

# 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	REPS
1	0:00	Rest	20	Shoulder Roll <b>SET Position</b>	12
	0:10	45	10	20 DEADLIFT	12
	0:20	75	10	1/2	12
	0:30	90	10	20 DEADROW	12
	0:40	1	10	1/2	12
2	1:10	75	10	20 UPRIGHT ROW <b>SET Position</b>	12
	1:20	75	10	1/2	12
	1:30	90	10	COMBINATION 1 1x 1/2 CLEAN & PRESS (1-sec) 1x 1/2 DEADROW (1-sec)	12
TRANSITION	1:40	45	10	Shoulder Roll Transition <b>MC Stance Squat</b>	12
3	2:20	75	10	4-4 SQUAT <b>MC Stance</b>	12
	2:30	45	10	1/2 (SQUAT) Lead 2-1/2 mts, step off feet back	12
	2:40	1	10	1/2 LUNGE L Switch legs on last 2 mts	12
	2:50	1	10	1/2 LUNGE R	12
	3:00	75	10	Lead 2-1/2 mts, transition to MC Stance	12
	3:10	45	10	1/2 SQUAT <b>MC Stance</b>	12
TRANSITION	3:20	75	10	DOWN quickly and HOLD (1-sec) and UP slowly (1-sec)	12
4	3:30	75	10	Transition Pick up light plates	12
	3:40	45	10	4-4 SIDE RAISE <b>SET Position</b>	12
	3:50	1	10	1/2 (SQUAT)	12
	4:00	1	10	1/2 SIDE ROTATOR RAISE (1-sec)	12
4:10	75	10	1/2 SIDE ROTATOR RAISE with 1/2 CLEAN PRESS and down to SET Position	12	

**RECOMMEND:** Shake the arms and legs, light Taper Taps.

# Body Pump 85 Choreography

**Michael Brown**



## **Body Pump 85 Choreography:**

**Joel Whitburn Presents Top R & B/hip-hop Singles, 1942-2004** Joel Whitburn, 2004 The only complete history of Billboard's Hot R and B Hip Hop Singles chart this book by Joel Whitburn is a mammoth monument to one of America's most beloved music styles All the chart hits are here with complete with in depth chart data essential artist information and much much more Arranged by artist this authorized Billboard Chart book includes everything from the the early R and B bands doo wop groups sweet soul singers hot funk unites sexy divas and the hottest hip hop stars of today Each listing has a bio summary and then shows peak chart position chart debut date total weeks charted for every song that cracked the charts Over 4 400 artists and nearly 20 000 song titles

*The Art of Freestyle* Eric Brymer, Tom Hughes, Loel Collins, 2000 This book is intended to be instructional inspirational and of interest to both novice and expert alike The assumption is made that to even begin to playboat the paddler will already be an intermediate white water boater familiar with basic strokes and boating skills For the interested non paddler a glossary of terms is included Part One gives an overview of the sport and lays the foundations of understanding on which the rest of the book builds as well as exploring safety issues and exploring key concepts Part Two describes and coaches the moves which are divided into intermediate and advanced standard Part Three looks at how to train in order to hone your physical and mental skills and be the best you can be Never before has so much freestyle rodeo and playboating information from so many great boaters been gathered together in one place In a world dominated by the biggest the fastest the loudest the most big headed this book makes a stand Whilst of course covering all the latest moves the authors have not been frightened to start right back at basic concepts Technical ability is nothing without knowledge without planning and without stamina This book tells you the secrets Freestyle is a thinking person's sport The authors the contributors and the book's publisher have an unrivalled breadth of knowledge in this field so let this book do some of the thinking for you The full colour format and the emphasis on personal training and coaching make for a particularly easy read When planning my preparation or training before a competition I always try to evaluate its potential benefits in terms of how many places it will have helped me move up in the final results As a general rule in life any time spent off the water should be viewed with suspicion However use this time constructively and absorb the information in this book and you will reap your own rewards The Art of Freestyle is a book genuinely written by paddlers for paddlers It is often a hard task to get top athletes to part with their preferred training or competition techniques but this book is full of such Top Tips This is not a book written just by its authors but by a wealth of accomplished paddlers It is this subtle combination that keeps the reader in the real world believing in a move not just imagining it This is the real world believe you can do it

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