

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

45-MIN FORMAT

06. LUNGES/SHOULDERS

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Bodyump 89 Choreography Notes

Lauren Gardner



Bodypump 89 Choreography Notes:

Bodypump 89 Choreography Notes Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Bodypump 89 Choreography Notes**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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