

# 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>	10
	0:10	45	<b>Rest</b> + 15	20 DEADLIFT	10
	0:20	75	1/2 Lunge	1/20	10
	0:30	90	1/2 Lunge + 1/2	20 DEADROW	10
	0:40	1	1/2 Lunge + 1/2	1/20	10
2	1:10	75	<b>Rest</b> + 15	20 UPRIGHT ROW <b>SET Position</b>	10
	1:20	75	1/2 Lunge + 1/2	1/20	10
	1:30	90	1/2 Lunge + 1/2	<b>COMBINATION 1</b> 1x 1/2 CLEAN & PRESS (1-10) 1x 1/2 DEADROW (1-10)	10
<b>TRANSITION</b>	2:10	90	<b>Rest</b> + 15	Shoulder Roll <b>Transition</b> <b>MC Stance Squat</b>	10
3	2:20	75	1/2 Lunge	4x SQUAT <b>MC Stance</b>	10
	2:30	45	<b>Rest</b> + 15	1/2 (SQUAT) Leads 2-10, align 1/2 feet back	10
	2:40	1	1/2 Lunge + 1/2	1/2 LUNGE L Switch legs on last 2-10	10
	2:50	1	1/2 Lunge + 1/2	1/2 LUNGE R	10
	3:00	75	Squats + 1/2	Leads 2-10, transition to MC Stance	10
	3:10	90	1	1/2 SQUAT <b>MC Stance</b> DOWN quickly and HOLD (1-10) and UP slowly (1-10)	10
<b>TRANSITION</b>	3:20	75	Rest	<b>Transition</b> Pick up light plates	10
4	3:30	75	1/2 Lunge	4x SIDE RAISE <b>SET Position</b>	10
	3:40	45	<b>Rest</b> + 15	1/2 (SQUAT)	10
	3:50	1	1/2 Lunge + 1/2	1/2 SIDE ROTATOR RAISE (1-10)	10
	4:00	75	Squats + 1/2	1/2 SIDE ROTATOR RAISE with 1/2 CLEAN PRESS and down to SET Position	10

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

# Body Pump 85 Choreography

**Michael Hoelscher**



## **Body Pump 85 Choreography:**

This book delves into Body Pump 85 Choreography. Body Pump 85 Choreography is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Body Pump 85 Choreography, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
    - Chapter 1: Introduction to Body Pump 85 Choreography
    - Chapter 2: Essential Elements of Body Pump 85 Choreography
    - Chapter 3: Body Pump 85 Choreography in Everyday Life
    - Chapter 4: Body Pump 85 Choreography in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, the author will provide an overview of Body Pump 85 Choreography. This chapter will explore what Body Pump 85 Choreography is, why Body Pump 85 Choreography is vital, and how to effectively learn about Body Pump 85 Choreography.
  3. In chapter 2, this book will delve into the foundational concepts of Body Pump 85 Choreography. This chapter will elucidate the essential principles that must be understood to grasp Body Pump 85 Choreography in its entirety.
  4. In chapter 3, this book will examine the practical applications of Body Pump 85 Choreography in daily life. This chapter will showcase real-world examples of how Body Pump 85 Choreography can be effectively utilized in everyday scenarios.
  5. In chapter 4, the author will scrutinize the relevance of Body Pump 85 Choreography in specific contexts. This chapter will explore how Body Pump 85 Choreography is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Body Pump 85 Choreography. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Body Pump 85 Choreography.

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