

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

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

# Body Pump 85 Choreography

**Karen S. Mazzeo**



## **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

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