

# 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> + 15	20 DEADLIFT	1 x 1 x
	0:20	75	1/2 Lunge	1/2	1 x 1 x
	0:30	90	1/2 Lunge + 1/2	20 DEADROW	1 x 1 x
	0:40	1	1/2 Lunge + 1/2	1/2	1 x 1 x
2	1:10	75	<b>Rest</b> + 15	20 UPRIGHT ROW <b>SET Position</b>	1 x 1 x
	1:20	75	1/2 Lunge	1/2	1 x 1 x
	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)	1 x 1 x 1 x
TRANSITION	1:40	0	<b>Rest</b> + 15	Shoulder Roll Transition <b>MC Stance Squat</b>	1 x
3	2:20	75	1/2 Lunge	4 x SQUAT <b>MC Stance</b>	1 x 1 x
	2:30	45	<b>Rest</b> + 15	1/2 (SQUAT) Leads 2-10, align 11 feet back	1 x 1 x
	2:50	1	1/2 Lunge + 1/2	1/2 LUNGE L Switch legs on last 2-10	1 x 1 x
	3:00	1	1/2 Lunge + 1/2	1/2 LUNGE R	1 x 1 x
	3:20	75	Squats (10)	Leads 2-10, transition to MC Stance	1 x
	3:30	0	0	1/2 SQUAT <b>MC Stance</b>	1 x
TRANSITION	3:40	75	Rest	DOWN quickly and HOLD (1-10) and UP slowly (1-10) Transition Pick up light plates	1 x
4	4:00	75	1/2 Lunge	4 x SIDE RAISE <b>SET Position</b>	1 x 1 x
	4:10	45	<b>Rest</b> + 15	1/2 (SQUAT)	1 x 1 x
	4:20	1	1/2 Lunge + 1/2	1/2 SIDE ROTATOR RAISE (1-10)	1 x 1 x
	4:30	75	Squats (10)	1/2 SIDE ROTATOR RAISE with 1/2 CLEAN PRESS and down to SET Position	1 x

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

# Body Pump 85 Choreography

**Christian Drosten**



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