

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	NOTES
1	0:00	Rest	20	Shoulder Roll 10 x 20 seconds	
	0:10	45	10	20 DEADLIFT	
	0:20	75	10	1/2	
	0:30	90	10	20 DEADROW	
	0:40	75	10	1/2	
2	1:10	75	10	20 UPRIGHT ROW 10 x 20 seconds	
	1:20	75	10	1/2	
	1:30	90	10	COMBINATION 1 1x 1/2 CLEAN & PRESS (8-10) 1x 1/2 DEADROW (8-10)	
TRANSITION	1:40	90	10	Shoulder Roll Transition 100 Seconds Squat	
3	2:20	75	10	4-4 SQUAT MC Stance	
	2:30	45	10	1/2 (SQUAT) Lead 2-10, step off feet back	
	2:40	75	10	1/2 LUNGE L Switch legs on last 2-10	
	2:50	75	10	1/2 LUNGE R	
	3:00	75	10	1/2 SQUAT MC Stance	
	3:10	90	10	DOWN quickly and HOLD (8-10) and UP slowly (8-10)	
TRANSITION	3:20	75	10	Transition Pick up light plates	
4	3:30	75	10	4-4 SIDE RAISE 10 x 20 seconds	
	3:40	45	10	1/2 (SQUAT)	
	3:50	75	10	1/2 SIDE ROTATOR RAISE (8-10)	
	4:00	75	10	1/2 SIDE ROTATOR RAISE with AT CLEAN PRESS and down to SET Position	

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

Body Pump 85 Choreography

N Colangelo

A decorative graphic element consisting of a horizontal light blue bar with a rounded right end, overlaid on a red circular gradient shape.

Body Pump 85 Choreography:

Decoding **Body Pump 85 Choreography**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Body Pump 85 Choreography**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Table of Contents Body Pump 85 Choreography

1. Understanding the eBook Body Pump 85 Choreography
 - The Rise of Digital Reading Body Pump 85 Choreography
 - Advantages of eBooks Over Traditional Books
2. Identifying Body Pump 85 Choreography
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Body Pump 85 Choreography
 - User-Friendly Interface
4. Exploring eBook Recommendations from Body Pump 85 Choreography
 - Personalized Recommendations
 - Body Pump 85 Choreography User Reviews and Ratings
 - Body Pump 85 Choreography and Bestseller Lists

5. Accessing Body Pump 85 Choreography Free and Paid eBooks
 - Body Pump 85 Choreography Public Domain eBooks
 - Body Pump 85 Choreography eBook Subscription Services
 - Body Pump 85 Choreography Budget-Friendly Options
6. Navigating Body Pump 85 Choreography eBook Formats
 - ePub, PDF, MOBI, and More
 - Body Pump 85 Choreography Compatibility with Devices
 - Body Pump 85 Choreography Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Body Pump 85 Choreography
 - Highlighting and Note-Taking Body Pump 85 Choreography
 - Interactive Elements Body Pump 85 Choreography
8. Staying Engaged with Body Pump 85 Choreography
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Body Pump 85 Choreography
9. Balancing eBooks and Physical Books Body Pump 85 Choreography
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Body Pump 85 Choreography
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Body Pump 85 Choreography
 - Setting Reading Goals Body Pump 85 Choreography
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Body Pump 85 Choreography
 - Fact-Checking eBook Content of Body Pump 85 Choreography
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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