

A photograph of two women in athletic wear using Les Mills BodyPump weights. The woman in the foreground is a woman of Asian descent with dark hair tied back, wearing a blue sports bra and yellow leggings. She is holding a black weight with red accents, looking directly at the camera with a focused expression. Behind her, slightly out of focus, is another woman with blonde hair in a ponytail, wearing an orange and white sports bra and blue leggings, also holding a similar weight. They are standing on a paved surface next to a wall with blue and white horizontal stripes. The lighting is bright, suggesting an outdoor setting during the day.

LES MILLS
BODYPUMP

Bodypump Program Manual

**Christopher Dickenson, T. Christopher
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