

		DESCRIPTION	DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	BODYPUMP™	THE ORIGINAL. WEIGHTS GLIDE OVER MUSCLE STRENGTH, TONES YOUR BODY AND PUMPS YOU TO THE LIMIT EVERY TIME BE STRONG.	60 MINUTES	WEIGHTS-BASED RESISTANCE TRAINING	MODERATE TO HIGH INTENSITY	AVERAGE OF 560 CALORIES	SMALL, FLAT, & HEIGHT-ADJUSTABLE STEP	THE LATEST HARD-HITTING & INSPIRING TUNES	INCREASES STRENGTH & ENDURANCE TONES & SHAPES HELPS MAINTAIN BONE HEALTH
	BODYCOMBAT™	A CHALLENGING MIX OF MARTIAL ARTS AND ENDURANCE. BUILDING STRENGTH YOU NEVER KNEW YOU HAD.	55 MINUTES	MARTIAL ARTS-INSPIRED CARDIO	HIGH INTENSITY	AVERAGE OF 740 CALORIES	N/A	THE LATEST HARD-HITTING TUNES	TONES & SHAPES INCREASES STRENGTH & ENDURANCE BUILDS SELF-CONFIDENCE
	BODYBALANCE™/ BODYFLOW™	A TONE, TIGHTEN AND FLOWING MOVEMENT WORKOUT THAT LEANS INTO THE FLOWING, STRETCHING, TONE AND ENDURANCE YOU DESERVE.	55 MINUTES	INSPIRED BY YOGA, TAI CHI & PILATES	LOW INTENSITY	AVERAGE OF 390 CALORIES	YOGA MAT (OPTIONAL)	SOULFUL, CALMING & INSPIRING TUNES	IMPROVES JOINT FLEXIBILITY & RANGE OF MOTION TONES & SHAPES ENHANCES MENTAL WELLBEING
	RPM™	HIGH-INTENSITY INTERVAL TRAINING SET TO TUNES THAT WILL GET YOUR PULSE RACING. GET RESULTS FASTER, FOR FREE.	45 MINUTES	INDOOR CYCLING (CARDIO)	MODERATE TO HIGH INTENSITY	AVERAGE OF 675 CALORIES	INDOOR STATIONARY BIKE	THE LATEST FUN & HARD-HITTING TUNES	IMPROVES HEART & LUNG FITNESS INCREASES STRENGTH & ENDURANCE
	BODYATTACH™	A FULL-ON, HIGH-ENERGY CARDIO WORKOUT TO INSPIRING TUNES. BE UNSTOPPABLE.	55 MINUTES	SPORTS-INSPIRED CARDIO	HIGH INTENSITY	AVERAGE OF 735 CALORIES	N/A	THE LATEST FUN & HARD-HITTING TUNES	IMPROVES AGILITY, COORDINATION, STRENGTH & ENDURANCE IMPROVES HEART & LUNG FITNESS
	BODYSTEP™	THE FAST TRACK. EXPLOSIVE STEP WORKOUT THAT WILL LEAVE YOU UPPROUD AND READY FOR MORE. FOR REAL.	55 MINUTES	STEP-BASED CARDIO	MODERATE TO HIGH INTENSITY	AVERAGE OF 620 CALORIES	HEIGHT-ADJUSTABLE STEP	THE LATEST FUN & FUNNY TUNES	IMPROVES HEART & LUNG FITNESS IMPROVES AGILITY & COORDINATION INCREASES STRENGTH & ENDURANCE
	BODYVIVE™	A LOW-IMPACT WORKOUT FOR THE WHOLE BODY THAT WILL GET YOUR CORE WORKING HARDER FOR A LEANER, STRONGER YOU. FOR REAL.	55 MINUTES	CARDIO, BALANCE & MOBILITY RESISTANCE & CORE WORK	LOW TO MODERATE INTENSITY	AVERAGE OF 420 CALORIES	RESISTANCE TUBE & BALL	THE BEST MUSIC FROM THE 70s, 80s & 90s	IMPROVES HEART & LUNG FITNESS TONES & SHAPES INCREASES RANGE OF MOTION REDUCES STRESS
	BODYJAM™	FUELED BY STREET CULTURE, A DANCE AND CARDIO WORKOUT THAT WILL LEAVE YOU FEELING VIBES. EXPRESS YOURSELF.	55 MINUTES	SPORTS-INSPIRED CARDIO	MODERATE INTENSITY	AVERAGE OF 530 CALORIES	N/A	THE HOTTEST NEW SOUNDS	BURNS CALORIES TONES & SHAPES DEVELOPS SELF-EXPRESSION IMPROVES COORDINATION
	SH'BAM™	JUST DANCE TO THE HOTTEST NEW WORKOUT WITH FUN MOVES AND GROOVY TUNES. FREE YOURSELF.	45 MINUTES	SPORTS-INSPIRED CARDIO	MODERATE INTENSITY	AVERAGE OF 510 CALORIES	N/A	CHART-TOPPING HITS & REMIXED CLASSICS	BURNS CALORIES TONES & SHAPES DEVELOPS SELF-EXPRESSION IMPROVES COORDINATION
	CXWORX™	A PERSONAL, TRAINING-INSPIRED, SCIENTIFICALLY-BASED WORKOUT THAT CHALLENGES YOU TO BUILD AND MAINTAIN A BETTER SHAPED AND FUNCTIONING CORE.	30 MINUTES	CORE STRENGTH TRAINING	MODERATE TO HIGH INTENSITY	AVERAGE OF 210 CALORIES	RESISTANCE TUBE	CLASSIC TOP 40 & CURRENT HITS	TIGHTENS & TONES CORE MUSCLES IMPROVES FUNCTIONAL STRENGTH FOR BALANCE, MOBILITY & INJURY PREVENTION

Body Pump Program Manual

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Table of Contents Body Pump Program Manual

1. Understanding the eBook Body Pump Program Manual
 - The Rise of Digital Reading Body Pump Program Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Body Pump Program Manual
 - 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 Program Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Body Pump Program Manual
 - Personalized Recommendations
 - Body Pump Program Manual User Reviews and Ratings
 - Body Pump Program Manual and Bestseller Lists
5. Accessing Body Pump Program Manual Free and Paid eBooks

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