

A woman with dark hair in a ponytail, wearing a black tank top, is performing a shoulder press with a barbell. She is looking to the side with a focused expression. The barbell has black and red weight plates. In the background, two other people in red shirts are also working out with barbells, slightly out of focus. The gym has a bright, industrial feel with large windows.

BODYPUMP

Strength Training

Body Pump Training Manual

United States. War Department

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the United States War Department text.

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Defense Training Manual[s] United Aircraft Corporation. Pratt & Whitney Aircraft Division,1943

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