

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 and looking towards the camera. The woman in the background is a woman with blonde hair in a ponytail, wearing an orange and white sports bra and blue leggings. She is also holding a similar weight and looking slightly away from the camera. They are standing on a paved surface next to a wall with blue and white horizontal stripes. The text "LES MILLS BODYPUMP" is overlaid in the bottom left corner.

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Bodypump Program Manual

Parviz Nikraves



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