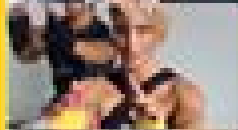
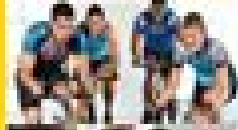
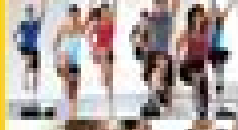
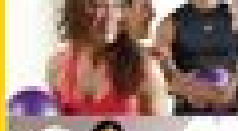
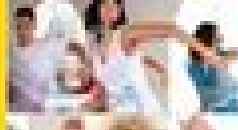


		DESCRIPTION	DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	BODYPUMP™	THE ORIGINAL. WEIGHTS GLIDE OVER MUSCLE STRENGTH, TONES YOUR BODY AND PUMPS YOU TO THE LIMIT EVERY TIME BE STRONG.	60 MINUTES	WEIGHTS-BASED RESISTANCE TRAINING	MODERATE TO HIGH INTENSITY	AVERAGE OF 560 CALORIES	BARBELL, PLATES & WEIGHTS 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 YOGA, TAI CHI AND PILATES INSPIRED WORKOUT THAT LEANS TOWARDS STRETCH, FLOW AND CENTERED-YOGA BALANCE.	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 PUMP & HARD-HITTING TUNES	IMPROVES HEART & LUNG FITNESS INCREASES STRENGTH & ENDURANCE
	BODYATTACK™	A FULL-BODY, HIGH-ENERGY CARDIO WORKOUT TO INSPIRING TUNES. BE UNSTOPPABLE.	55 MINUTES	SPORTS-INSPIRED CARDIO	HIGH INTENSITY	AVERAGE OF 735 CALORIES	N/A	THE LATEST PUMP & HARD-HITTING TUNES	IMPROVES AGILITY, COORDINATION, STRENGTH & ENDURANCE IMPROVES HEART & LUNG FITNESS
	BODYSTEP™	THE FAST TRACK, EXPLOSIVE STEP WORKOUT THAT WILL LEAVE YOU LITIGED AND READY FOR MORE. FOR. REAL.	55 MINUTES	STEP-BASED CARDIO	MODERATE TO HIGH INTENSITY	AVERAGE OF 620 CALORIES	HEIGHT ADJUSTABLE STEP	THE LATEST PUMP & PUMPY 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	DANCE-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™	CUT LOOSE TO THE HOTTEST NEW WORKOUT WITH HIP MOVES AND GROOVY TUNES. FREE YOURSELF.	45 MINUTES	DANCE-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

Parviz Nikraves

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Body Pump Program Manual:

Decoding **Body Pump Program Manual**: Revealing the Captivating Potential of Verbal Expression

In an era 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 Program Manual**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact 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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