

A woman with dark hair in a ponytail, wearing a black tank top, is performing a shoulder press with a barbell. She is looking forward 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. Navy Department.
Bureau of Ships**



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

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