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## **body pump 85 choreography notes**

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## **pdf - PngLine**

Every 3 months, the international company sends it's instructors brand new choreography for every program that we teach. It is like CHRISTMAS year round. BODYPUMP 85 is the second release for 2013 and oh it definitely didn't disappoint, so let's jump right into it. \*At the time of writing this post, I've taken/taught this release 5 times.\*

## **A Review of Les Mills BODYPUMP 85 - Rx Fitness Lady**

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## **Body Pump 84 Choreography Notes Pdf - stimxitibu**

Playlist Main Title - The Original Songs used or covered by Les Mills for Body Pump release 85. NOTICE: This is just the main title, please check out the complete playlist at my playlist section.

## **The Original Music of Body Pump 85** Nieuw project 39

## **Body Pump 85 track 2 with Ole @ HC Genk**

I'm a little fitness enigma. I run, I yoga, I CrossFit, I BodyPump, I strength train on my own...I love it all. I would say that most people give up things like BodyPump when they start CrossFitting but I enjoy teaching BodyPump so much and I still really like the workout. It's just so fun!

## **BodyPump 85 Review...Oh My Legs - Peanut Butter Runner**

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## **Bodypump85 track 2**

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## **BodyPump 80 Track 6 Ina olli**

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## **BODYPUMP 91 Choreography**

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Club Natació Terrassa. Lunes 18:15, con Marta. 30 minute fat burning home workout for beginners. Achievable, low impact results.

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## **Body Pump 79. Track 7**

Les Mills new choreography note format. June 14, 2017. 7. Where to start? A comment was made on the 31st of May from Steff on the Les Mills BodyPump 102 track listing post: Did the format of the chorey notes change? At that time I hadn't heard a peep about any kind of change coming so I reached out to Les Mills on twitter:

## **Les Mills new choreography note format - Simon Philp**

It's time again for a new release and this morning at Golds we launched release 85 of BodyPump which I thought I would share with you today. Release 85 means that I've been teaching for 8 releases now. Time flies! I already said that release 84 wasn't my favorite. Whilst there were some good tracks ...

## **Les Mills: BodyPump Release #85 - Di Hickman**

BODYPUMP 85. Les Mills BODYPUMP 85.

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Start: April 2013 01. Warmup:  
Heartbreak On Hold - Alexandra Burke  
02. Squats: Antidote - Swedish House  
Mafia vs. Knife Party ... Body Pump 60  
Les Mills 10 Jahr Body Pump. Start:  
Februar 2007 1. Invincible - CAROLA! 2.  
What's Up - ZANDER FEAT ALEXIS HART!  
3. Have a Nice Day - BON JOVI! 4. Africa  
- E - TYPE!

## **BODYPUMP Trackliste**

Love this! Usually I'm not fond of the heavy techno style tracks but this one has great choreography and is just plain FUN! Great combo too, and with the right weight it gets tough to drive out of the "drop & stop"! I enjoy this squat track a lot. Reminds me of Antidote from BodyPump 85 which is probably still my all time favorite squat ...

## **BodyPump 94 playlist - Di Hickman E-RYT 200**

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## **Les Mills - BodyPump 93 (Master Class, Choreography Notes ...**

Les Mills: BodyPump Release #85. April 13, ... Lunge track is another song I'd never heard of but it flows well with the choreography however the lack of popularity of the songs means people aren't going to enjoy it as much as the previous lunge tracks recently. Shoulders is techno as usual and honestly that's getting a little old.

## **Les Mills: BodyPump Release #85 - Di Hickman**

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