

# **BODYPUMP™** **IS THE ORIGINAL** **BARBELL** **CLASS THAT** **STRENGTHENS YOUR** **ENTIRE BODY.**

This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography.

# **STRENGTHEN & TONE WITH** **BODYPUMP™**

## **CHALLENGE YOURSELF WITH** **BODYPUMP™**



[www.adrenalinewellness.com/pump.htm](http://www.adrenalinewellness.com/pump.htm)



# WHAT WILL BODYPUMP™ DO FOR ME?

- Shapes and tones the muscles
- Improves general fitness and well-being
- Increases bone density (important in avoiding osteoporosis)
- Burns up to 600 calories per class
- Gives a sense of achievement

## BODYPUMP™ TIPS

Your instructor is there to make sure you do everything correctly, but try to remember:

- Good posture is the foundation of all exercise – especially weight training.
- Focus on learning the right technique at the beginning.
- Work continuously at perfecting your technique.
- Don't overdo the weights – start gradually increasing them after four to six weeks.
- Perform the movements with control – smooth actions, not jerky.
- Always keep your joints slightly bent – don't lock out.
- Keep focused on the working muscles and stabilise the others.
- Listen to your body – it will tell you if something is not right.

Some muscle soreness is natural in the days following your first class. This will quickly disappear as your body adjusts to working out with weights.



# DESCRIBE A TYPICAL CLASS

You'll use a step platform, a bar and a selection of weights to suit your fitness level. If you're new to resistance training, or if you're out of shape, you should start with light weights.

After a few classes you'll know how much weight is right for you. If you're unsure, ask your instructor.

### Warmup

Get your body moving, using light weights only.

### Legs/Squats

Use heavier weights in Squat moves that target the big muscle groups and burn lots of calories.

### Chest

Lie back on the step to work the chest, shoulders and triceps.

### Back/Gluteals/Hamstrings

Target the back, glutes and hamstrings with lifts and presses.

### Triceps and Biceps

Isolate and tone the arm muscles in these two tracks.

### Legs/Lunges

Targets the legs and shapes and tones the butt.

### Shoulders/Arms

Target the entire shoulder area and arms

### Abdominals

Build support and strength in the core.

### Cooldown/Stretch

Stretch the muscles to increase flexibility and reduce risk of muscle soreness and injury.

## FAQs

### WHAT DO I NEED TO BRING?

Comfortable workout clothes, training shoes, water bottle and towel and attitude! We supply everything else.

### HOW OFTEN SHOULD I DO BODYPUMP™?

We recommend two to three classes a week. Your body needs recovery time between workouts so rest at least one day between classes.

### WHEN WILL I NOTICE RESULTS?

Once you've started BODYPUMP™, your muscles will quickly adapt to this type of workout and you'll notice strength gains as your body gets used to lifting weight. As your strength improves, you'll start to see fat loss and improved muscle tone. Don't overdo it – if you start to increase the weights too quickly, you could suffer injury. Physical activity isn't a quick fix – it should become a part of your lifestyle.

### SO WHAT NEXT?

Go for it! For more information, ask your instructor or visit [www.lesmills/bodypump](http://www.lesmills/bodypump)

