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October 13th, 2018 - The music count in the bonus speed
track is in multiples of 12 not the usual eight so the
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notes and you can download the corrected version here
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program in the world It is a holistic system of low impact
workout using a lightweight rod Thanks BODY PUMP worked
out strength and tone up the muscles of the body'

'Learning Choreography Les Mills? Instructors Mind Blow Me
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notes and listening to the music Afterwards I thenI review
the Master class For GRIT I look at the notes and Master
Class at the same time'

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64 Instructor Work in front of the body Loss of ATTACK
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'Frequently Asked Questions Les Mills

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MILLS experience ? we?re passionate about it There are a
number of considerations involved in selected music we
have to be able to license it it has to stand the test of
individual music tastes across our diverse global
audiences and it has to match the choreography'

'BODYPUMP® 70
October 10th, 2018 - The key focus of BODYPUMP® 70 is
perfect timing This means your body spends more time under
tension and this will get you shape fast The music in this
release really ?goes off? and keep an ear out for beats
you?ve never heard before in BODYPUMP®'

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'BODYPUMP® 71

October 9th, 2018 - BODYPUMP ® 65 BODYPUMP BODYPUMP® 71 is all about teaching from the heart not from the head The exercises are easy to coach giving you the freedom to focus on connecting your participants to the magic of the workout and the music The release focuses on two kinds of training ? strength work in tracks 3 5 6 and 8 and cardio'

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'Tami and Craig Body Pump Instructors

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October 11th, 2018 - So from now on if you think there?s a mistake in your release Choreo notes refresh the App or re download your notes we?ll keep it updated with the latest amendments If you?ve found something you think we?ve missed email us on choreo lesmills com and we?ll check it out for you'

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challenge is on in the squat track do or die 3 stances
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muscle to fast track our results''**Les Mills Bodypump 52
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Squat tracks ever you will get deep? and you'll love it'

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booklet there could be light writing notes in book''**How to
learn Les Mills choreography A Lady Goes West**
October 12th, 2018 - For BODYPUMP I learn the moves mostly
by reviewing the choreography notes and listening to the
music These are mostly stationary resistance moves which
will be performed with weights but initially I practice
with no weights''

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