

# 1 WARMUP

## WEIGHT SELECTION

Light barbell + 2x light plates



## DEMONSTRATE

SET Position

## TRACK FOCUS

Connect your class to the workout through the music, timing and target zones.

SET	TIME	MUSIC	REPS	EXERCISE	REPS
1	0:00	Rest	20	Shoulder Roll <b>SET Stance</b>	12
	0:10	45 <b>Rest</b>	8-8	20 DEADLIFT	8-8
	0:20	75 <b>75 x 12</b>	8-8	1/10	8-8
	0:30	90 <b>75 x 12</b>	8-8	20 DEADROW	1/1
	0:40	75 <b>75 x 12</b>	8-8	1/1	8-8
2	1:10	75 <b>75 x 12</b>	8-8	20 UPRIGHT ROW <b>SET Stance</b>	8-8
	1:20	75 <b>75 x 12</b>	8-8	1/10	8-8
	1:30	90 <b>75 x 12</b>	8-8	COMBINATION 1 7x 1/1 CLEAN & PRESS (8-10) 7x 1/1 DEADROW (8-10)	8-8
TRANSITION	1:40	90 <b>Rest</b>	20	Shoulder Roll Transition <b>MC Stance Squat</b>	12
3	2:20	75 <b>75 x 12</b>	20	4-4 SQUAT <b>MC Stance</b>	12
	2:30	45 <b>Rest</b>	10	1/1 (SQUAT) Lead 2-10, step off feet back	10-10
	2:40	75 <b>75 x 12</b>	8-8	1/1 LUNGE L Switch legs on last 2-10	8-8
	2:50	75 <b>75 x 12</b>	8-8	1/1 LUNGE R Lead 2-10, transition to MC Stance	8-8
	3:00	75 <b>75 x 12</b>	8-8	1/1 SQUAT <b>MC Stance</b>	8-8
	3:10	90 <b>Rest</b>	10	DOWN quickly and HOLD (8-10) and UP slowly (8-10)	8-8
TRANSITION	3:20	75 <b>Rest</b>	20	Transition Pick up light plates	12
4	3:30	75 <b>75 x 12</b>	20	4-4 SIDE RAISE <b>SET Stance</b>	12-12
	3:40	45 <b>Rest</b>	10	1/1 (SQUAT)	10-10
	3:50	75 <b>75 x 12</b>	8-8	1/1 SIDE ROTATOR RAISE (8-10)	8-8
	4:00	75 <b>75 x 12</b>	8-8	1/1 SIDE ROTATOR RAISE with AT CLEAN PRESS and down to SET Position	12

**RECOMMEND:** Shake the arms and legs, light torso twists.

# Body Pump 85 Choreography

**Y Pai**



## **Body Pump 85 Choreography:**

**Joel Whitburn Presents Top R & B/hip-hop Singles, 1942-2004** Joel Whitburn, 2004 The only complete history of Billboard's Hot R and B Hip Hop Singles chart this book by Joel Whitburn is a mammoth monument to one of America's most beloved music styles All the chart hits are here with complete with in depth chart data essential artist information and much much more Arranged by artist this authorized Billboard Chart book includes everything from the the early R and B bands doo wop groups sweet soul singers hot funk unites sexy divas and the hottest hip hop stars of today Each listing has a bio summary and then shows peak chart position chart debut date total weeks charted for every song that cracked the charts Over 4 400 artists and nearly 20 000 song titles

**The Art of Freestyle** Eric Brymer, Tom Hughes, Loel Collins, 2000 This book is intended to be instructional inspirational and of interest to both novice and expert alike The assumption is made that to even begin to playboat the paddler will already be an intermediate white water boater familiar with basic strokes and boating skills For the interested non paddler a glossary of terms is included Part One gives an overview of the sport and lays the foundations of understanding on which the rest of the book builds as well as exploring safety issues and exploring key concepts Part Two describes and coaches the moves which are divided into intermediate and advanced standard Part Three looks at how to train in order to hone your physical and mental skills and be the best you can be Never before has so much freestyle rodeo and playboating information from so many great boaters been gathered together in one place In a world dominated by the biggest the fastest the loudest the most big headed this book makes a stand Whilst of course covering all the latest moves the authors have not been frightened to start right back at basic concepts Technical ability is nothing without knowledge without planning and without stamina This book tells you the secrets Freestyle is a thinking person's sport The authors the contributors and the book's publisher have an unrivalled breadth of knowledge in this field so let this book do some of the thinking for you The full colour format and the emphasis on personal training and coaching make for a particularly easy read When planning my preparation or training before a competition I always try to evaluate its potential benefits in terms of how many places it will have helped me move up in the final results As a general rule in life any time spent off the water should be viewed with suspicion However use this time constructively and absorb the information in this book and you will reap your own rewards The Art of Freestyle is a book genuinely written by paddlers for paddlers It is often a hard task to get top athletes to part with their preferred training or competition techniques but this book is full of such Top Tips This is not a book written just by its authors but by a wealth of accomplished paddlers It is this subtle combination that keeps the reader in the real world believing in a move not just imagining it This is the real world believe you can do it

**Aerobics** Karen S. Mazzeo, 1992      **Arts & Humanities Citation Index**, 1997      *New York Magazine*, 1985-04-01 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything

from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **New York Magazine**, 1985-04-01 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea [Index Medicus](#), 2003 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings **The Guinness Book of Records** 1989 N. D. McWhirter, 1988 [New York Magazine](#), 1980-04-14 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *Journal of Sport & Exercise Psychology*, 1999 **Who's who in the West**, 2000 **The New Yorker** Harold Wallace Ross, William Shawn, Tina Brown, David Remnick, Katharine Sergeant Angell White, Rea Irvin, Roger Angell, 1971 [The New Encyclopaedia Britannica](#), 1974 **Theater Week**, 1994 **The Hollywood Reporter**, 1955 [Rock Your Body](#) Jamie King, 2007 Jamie King is one of the hottest choreographers and dance directors in the music business and has worked with some of the most famous performers in the world Now he has designed this unique dance based workout programme for whole body fitness Using fun easy to learn hip hop dance moves Rock Your Body will help you get fit and achieve the body you've always wanted This 4 week step by step programme targets and tones every muscle group in the body and will improve your metabolism and help you lose weight Using dance moves especially created by Jamie King the workout will increase your strength and flexibility as well as your overall fitness It is suitable for anyone regardless of fitness level or dance ability

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