

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 SET Position | 10 |
| | 0:10 | 45 | Rest + 15 | 20 DEADLIFT | 10 |
| | 0:20 | 75 | 1/2 Lunge | 1/2 | 10 |
| | 0:30 | 90 | 1/2 Lunge | 20 DEADROW | 10 |
| | 0:40 | 1 | 1/2 Lunge | 1/2 | 10 |
| 2 | 1:10 | 75 | Rest + 15 | 20 UPRIGHT ROW SET Position | 10 |
| | 1:20 | 75 | 1/2 Lunge | 1/2 | 10 |
| | 1:30 | 90 | 1/2 Lunge | COMBINATION 1 1x 1/2 CLEAN & PRESS (1-sec) 1x 1/2 DEADROW (1-sec) | 10 |
| TRANSITION | 1:40 | 90 | Rest + 15 | Shoulder Roll Transition MC Stance Squat | 10 |
| 3 | 2:20 | 75 | 1/2 Lunge | 4x SQUAT MC Stance | 10 |
| | 2:30 | 45 | Rest + 15 | 1/2 (SQUAT) Leads 2-1/2 mts, align 1/2 feet back | 10 |
| | 2:50 | 1 | 1/2 Lunge | 1/2 LUNGE L Switch legs on last 2 mts | 10 |
| | 3:00 | 1 | 1/2 Lunge | 1/2 LUNGE R | 10 |
| | 3:10 | 75 | 1/2 Lunge | Leads 2 mts, transition to MC Stance | 10 |
| | 3:20 | 90 | 1/2 Lunge | 1/2 SQUAT MC Stance | 10 |
| TRANSITION | 3:30 | 90 | 1/2 Lunge | DOWN quickly and HOLD (1-sec) and UP slowly (1-sec) | 10 |
| 4 | 3:40 | 75 | 1/2 Lunge | Transition Pick up light plates | 10 |
| | 3:50 | 45 | Rest + 15 | 4x SIDE RAISE SET Position | 10 |
| | 4:10 | 1 | 1/2 Lunge | 1/2 (SQUAT) | 10 |
| | 4:20 | 75 | 1/2 Lunge | 1/2 SIDE ROTATOR RAISE (1-sec) and down to SET Position | 10 |

RECOMMEND: Shake the arms and legs, light Taper Tunes.

Body Pump 85 Choreography

DP Hallahan



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