

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

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

Body Pump 85 Choreography

Sebastian Brünink



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