

# BODYPUMP

110

**GLOSSARY**

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**EXPRESS FORMATS**

**01. WARMUP**

**02. SQUATS**

Workout for Women  
**03. CHEST**

**04. BACK**

**05. TRICEPS**

**06. BICEPS**

**07. LUNGES**

**08. SHOULDERS**

**09. CORE**

**10. COOLDOWN**

45-MIN FORMAT

**05. TRICEPS/BICEPS**

45-MIN FORMAT

**06. LUNGES/SHOULDERS**

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vertical equipment the top most shape is listed first and the bottom most shape is listed last for horizontal equipment the front is listed first and the end is listed last

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