

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 mts, align R foot back	
	2:40	75	10	1/2 LUNGE L Switch legs on last 2 mts	
	2:50	75	10	1/2 LUNGE R	
	3:00	75	10	Leads 2 mts, 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	75	10	4-4 SIDE RAISE SET Position	
	3:50	45	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

Karen S. Mazzeo



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

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Table of Contents Body Pump 85 Choreography

1. Understanding the eBook Body Pump 85 Choreography
 - The Rise of Digital Reading Body Pump 85 Choreography
 - Advantages of eBooks Over Traditional Books
2. Identifying Body Pump 85 Choreography
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Body Pump 85 Choreography
 - User-Friendly Interface
4. Exploring eBook Recommendations from Body Pump 85 Choreography
 - Personalized Recommendations
 - Body Pump 85 Choreography User Reviews and Ratings
 - Body Pump 85 Choreography and Bestseller Lists
5. Accessing Body Pump 85 Choreography Free and Paid eBooks
 - Body Pump 85 Choreography Public Domain eBooks
 - Body Pump 85 Choreography eBook Subscription Services

- Body Pump 85 Choreography Budget-Friendly Options
- 6. Navigating Body Pump 85 Choreography eBook Formats
 - ePub, PDF, MOBI, and More
 - Body Pump 85 Choreography Compatibility with Devices
 - Body Pump 85 Choreography Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Body Pump 85 Choreography
 - Highlighting and Note-Taking Body Pump 85 Choreography
 - Interactive Elements Body Pump 85 Choreography
- 8. Staying Engaged with Body Pump 85 Choreography
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Body Pump 85 Choreography
- 9. Balancing eBooks and Physical Books Body Pump 85 Choreography
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Body Pump 85 Choreography
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Body Pump 85 Choreography
 - Setting Reading Goals Body Pump 85 Choreography
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Body Pump 85 Choreography
 - Fact-Checking eBook Content of Body Pump 85 Choreography
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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