

What is **BODYPUMP** ?

BODYPUMP is hailed as *The Fastest Way in the Universe to Get in Shape*. **BODYPUMP** is a strength endurance training class where muscle and music collide!

It is designed to get you maximum results in the shortest amount of time by working your entire body in one hour.

Low on complexity but high in fun, **BODYPUMP** has all the benefits of weight training including increased strength, increased metabolism and the 'feel good' factor associated with a great total body workout.

What is involved in a class?

The great thing about **BODYPUMP** is that it challenges every major muscle group in your body. Ten stationary routines, using barbells and music, strengthen and tone in record time.

Predictable routines mean that you are successful every time, no matter where you start. You choose the weight that you are comfortable with and as you progress you can continue to challenge yourself with increased load. This means **BODYPUMP** is a great workout for **EVERY BODY**.

BODYPUMP always starts out with a comprehensive warm-up followed by specific tracks that target legs, chest, back, triceps, biceps, shoulders and abdominals. Every class is wrapped up with a well deserved stretch to help with muscle recovery.

Who is **BODYPUMP** for?

BODYPUMP is for just about every body. **BODYPUMP** aims to remove the barriers of age, gender and fitness background. The nature of **BODYPUMP** makes it very easy to tailor make the class to suit your current needs. That is because you get to choose the weight you will lift for each track or song and even, on occasion, choose the exercise option. So whether you are an inactive person about to get fit or an athlete looking for a training edge, **BODYPUMP** delivers.

• One in three women suffers from osteoporosis by the time they are in their sixties. **BODYPUMP** is fantastic for females because it is a form of weight bearing exercise, which is proven to reduce the incidence of osteoporosis.



• **BODYPUMP** is perfect for the time-pressed exerciser. 2 times a week is all you need to get great results fast!

• It is perfect for the male or female cross trainer who wants to add strength training into their workout.

• Even the serious weight trainers of the world marvel that **BODYPUMP** is great to simply train the muscles a different way.

• A new exerciser will be successful in **BODYPUMP** because of the simplicity of the class. It is a great starting point to develop strength and confidence.

How often should I do **BODYPUMP**?

Because **BODYPUMP** is a strength endurance class, much the same principles apply as they would for strength training.

BODYPUMP should be done 2-3 times a week. And that means 2-3 times a week with a rest in between. So a Monday, Thursday routine or a Monday, Wednesday then Saturday will enable you to push yourself then recover the muscles sufficiently.

Too much **BODYPUMP** will diminish the results due to over-training.

What else do I need to know?

Wear comfortable clothing, and bring a water bottle and a towel. If it is your first time to **BODYPUMP**, please arrive early so that the Instructor can help you get set up, show you how the equipment is used and how much weight you should use for your first class. This is very important.

Testimonials

"**BODYPUMP** is the best weight training workout that I have EVER done and has produced results so quickly that I am astonished!"

"I started **BODYPUMP** last September and just love it. I'm 49 and try to do **BODYPUMP** 2-3 times a week. I'm a late bloomer as far as exercise is concerned. I took up **BODYPUMP** to help with my snowboarding. **BODYPUMP** made a HUGE difference and is the only exercise class that I do with any regularity."

