



**STRENGTH  
FOR LIFE**

**LES MILLS  
BODY PUMP®**

## WHAT IS BODYPUMP®?

BODYPUMP® is the original barbell class for absolutely everyone. Instructors will show you all the moves and techniques to make your first class safe, fun and give you strength for everyday life.

The Rep Effect™ – a scientifically proven LES MILLS® formula – is the secret to achieving your fitness goals by using light to moderate weights, with lots of repetition (reps). BODYPUMP® gives you a total body workout that burns calories, shapes, and tones without building bulky muscles.

The encouragement, motivation, and great music in every BODYPUMP® class will achieve the results you want and deserve!

---

## BENEFITS OF BODYPUMP®

- Functional strength for everyday life
- Improve bone health
- Improve your core strength

## JUST GETTING STARTED?

You can easily adjust a BODYPUMP® workout to any fitness level:

- Start with light weights or even just a bar
- Build up from four tracks to a full class

## WHAT DO I NEED TO BRING?

Comfortable workout clothes, water bottle, towel and a smile. We supply everything else.

**FIND OUT MORE:**

[lesmills.com/bodypump](https://lesmills.com/bodypump)

**FOLLOW US:**

[facebook.com/lesmillsus](https://facebook.com/lesmillsus)