<section-header><section-header><text>

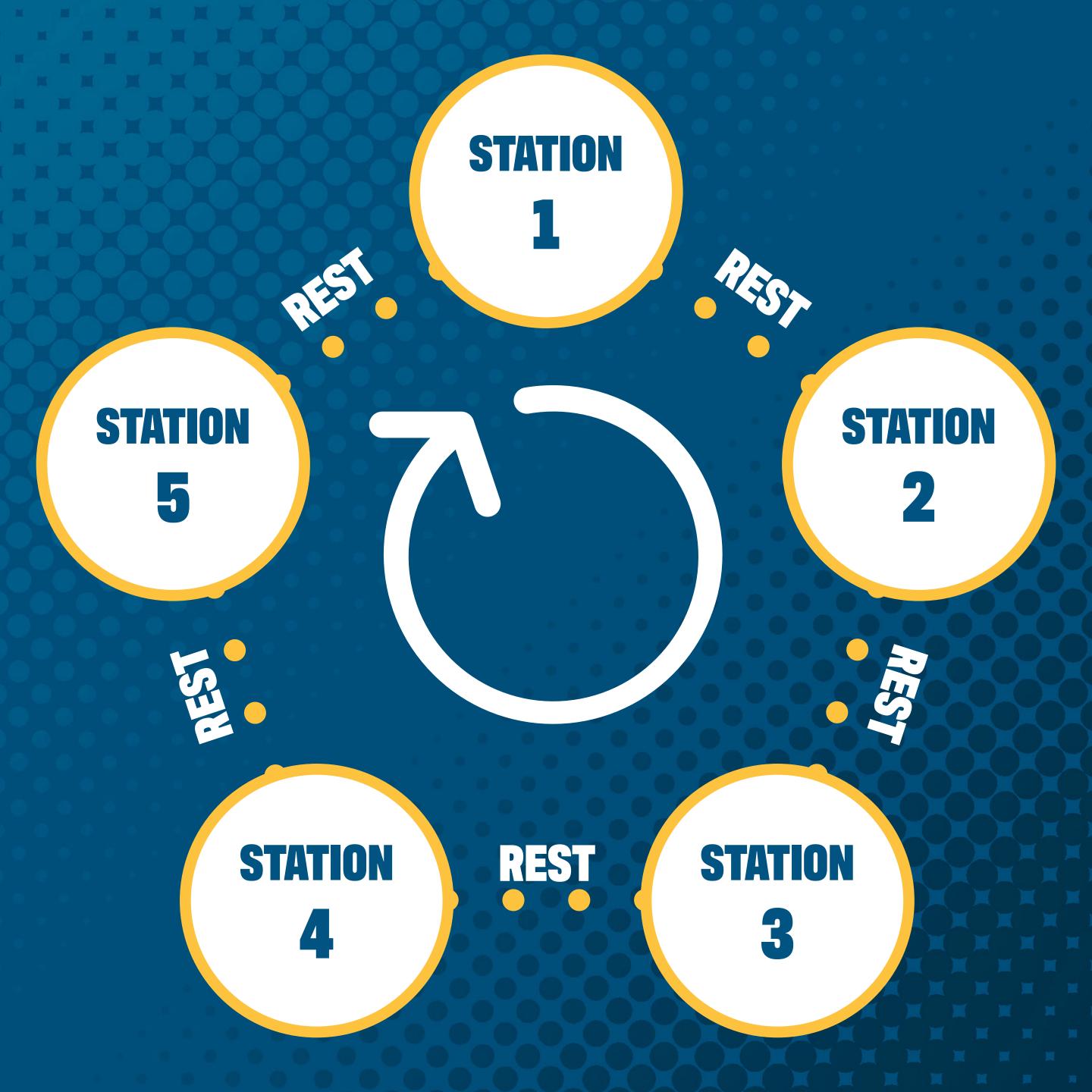
SWIPE FOR HOME ALTERNATIVE TO Les Mills BodyPump or Circuits ODYPUMP

Lesmills BODYPUMP

THE RULES. 5 STATIONS. 2 EXERCISES PER STATION. **ROUND 1.** 30 SECS EACH EXERCISE - BACK TO BACK. 30 SECS REST BETWEEN STATIONS.

ROUND 2. 45 SECS EACH EXERCISE - BACK TO BACK. 30 SECS REST BETWEEN STATIONS.

ROUND 3. 60 SECS EACH EXERCISE - BACK TO BACK. 30 SECS REST BETWEEN STATIONS.



STATION 1. WIDE SQUATS & SQUAT JUMPS

STATION 2. WIDE PUSH UPS & MOUNTAIN CLIMBERS

STATION 3. BACKWARD STEP LUNGES & SIDE LUNGES

STATION 4. TRICEP DIPS & SQUAT THRUSTS

STATION 5. HIP BRIDGES & CRUNCHES