



## What will **BODYPUMP™** do for me?

- Burn up to 600 calories per class for fat loss
- Improve your strength
- Improve your general fitness
- Shape and tone your muscles
- Improve your bone density (helps ward off osteoporosis)
- Give you a sense of achievement

**BODYPUMP**  
is ready for you

**Now are you  
ready for  
BODYPUMP?**

You won't know if  
you don't go -  
So meet the challenge  
and reap the rewards



[www.lesmills.com](http://www.lesmills.com)

# Strengthen up with **BODYPUMP™**



**BODYPUMP™**

LOGO AND DETAILS HERE

# BODYPUMP™ What's that?

## Here's all you need to know to get into BODYPUMP

It's the fastest way to shape up and lose body fat.

**BODYPUMP™** is a toning and conditioning class with weights and is for just about everybody. It's perfect for both males and females who want to add strength training into their aerobic workout. The simplicity of the class makes **BODYPUMP™** a great starting point to develop strength and confidence.

Hot sounds and compelling choreography keep you going through each 45-minute or 1-hour workout.



## So describe a typical class

You'll use a step platform, a bar and a set of weights. If you're new to weight resistance exercise or you're out of shape, you should start with light weights. After a few classes you'll know how much weight is right for you. If you're unsure, ask your instructor.

- Warmup – this is to get your entire body moving so you only use light weights.
- Legs, chest and back – these are large muscles so require slightly bigger weights.
- Triceps, biceps and shoulders – initially only light weights, moving up to medium as you get stronger.
- Abdominals to help support and strengthen your core posture.
- Cooldown – this is vital after a hard workout to stretch your muscles. You'll increase your flexibility and reduce any risk of muscle soreness or injury.

## How do I do BODYPUMP safely?

Your teacher is there to make sure you do everything correctly, but try to remember:

- Good posture is the foundation of all exercise
- Focus on learning the right technique at the beginning
- Work continuously at perfecting your technique
- Don't overdo the weights – start gradually increasing them after six weeks
- Perform the movements with control – smooth actions, not jerky
- Always keep your joints slightly bent, don't lock out
- Keep the working muscle focused, and stabilize the others
- Listen to your body, it will tell you if something is not right

Some muscle pain is natural at first, especially if it's the same on both sides of your body. This is muscle soreness. But if you have pain down only one side or in the joints, check with the teacher. If the pain continues, see your doctor.



## What do I need to bring?

- Comfortable workout clothes
- Gym shoes
- Drink bottle & towel
- Attitude!

We supply everything else.



## How often should I turn up?

Once you have done your first few classes of **BODYPUMP™**, we recommend a maximum of 2-3 classes a week. Your body needs recovery time between workouts. Rest at least one day between classes.

## When will I notice results?

Once you've started **BODYPUMP™**, your nerves will soon get better at telling your muscles what to do. Your muscles, with their tendons and insertions, adapt more slowly. But you'll notice strength gains as your body gets used to lifting weight. After about six weeks you should feel great! As your strength improves you'll start to see fat loss and improved muscle tone.

Don't overdo it – if you start to increase the weights too quickly you could suffer injury. Physical activity isn't a quick fix – it should become a part of your lifestyle.

## So what next?

Go for it! Good luck with **BODYPUMP™**, and if you need more information, talk to us or visit our website.