

WHAT IS BODYPUMP?

BODYPUMP® is a barbell class based on THE REP EFFECT™, a proven formula that exhausts muscles using light weights and high repetitions, to sculpt, tone and strengthen the entire body. This is the time-tested secret to developing lean, athletic muscle. Instructors will coach participants through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music.

WHAT IS THE ESSENCE?

BODYPUMP allows participants to use light weights and become strong without feeling intimidated by the weight room. All fitness levels are catered to with multiple levels of options during the class.

KEY INSTRUCTOR TRAITS

**ENCOURAGING.
INCLUSIVE.
MOTIVATING.
STRONG AND GROUNDED.
ABLE TO LEAD AND DIRECT
A CLASS.
KNOWLEDGEABLE OF WEIGHT-
TRAINING LANGUAGE.**

CLASS LENGTHS



EQUIPMENT NEEDED

**WEIGHT BAR & PLATES.
AEROBIC STEP.**

