BODYPUMP 100 EXPRESS FORMATS

30-MINUTE FORMAT

Track 1 Warmup

Track 2 Squats Track 3 Chest

Track 4 Back

Track 9 Core

Total Time 28:14

45-MINUTE FORMAT

Track 1 Warmus

Track 2 Squats

Track 3 Chest

Track 4 Back

Track 7 Lunges

Track 8 Shoulders

Track 9 Core Track 10 Cooldown

Total Time 42:40

CREDITS

Choreography – Gren Distreparent Chief Creative Officer – Dr. Jackie Mills Oreative Desctor – Distre Archer Mills Program Planner – Corne Dison Program Ceach – Nylve Canes Technical Consultant – Bryon Hastings Technical Advisor – Corney Stant

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Body Pump 86 Choreography Notes

Annelies Wilder-Smith

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baseball and American football Applying Music in Exercise and Sport facilitates creation of effective playlists empowers music related interventions and enables assessment of the effects of music in the field Collectively these music related skills promote purposeful selection of tracks optimize psychological responses and enhance performance **Selected Water** Bath and Beyond Hillary Burlock, Robin Eagles, Tatjana LeBoff, 2025-04-16 This book re **Resources Abstracts** ,1986 examines spa and assembly culture as key venues for sociability in the eighteenth century Focused chiefly on the eighteenth century this book looks forward into the nineteenth and early twentieth centuries While many of the chapters concern aspects of the city of Bath the book stretches beyond Bath's confines taking in comparative British towns such as Tunbridge Wells European spa towns such as Nice and the impact Bath had on spa towns in America The chapters not only reconsider familiar themes such as the marriage market but also offer new insights into the architectural development of the city and the role of Masters of Ceremonies the officials who oversaw Assembly Rooms rules and culture There are also insights into the musical culture of spa towns and the varied backgrounds of the artists and performers As places that attracted the wealthy and powerful the book rounds off with consideration of Bath and other spa towns importance as centres of culture and diplomacy and of their place in the tourist industry This accessibly written book appeals to a broad readership including undergraduate and postgraduate students as well as academics and informed non specialists interested in social and cultural history British history and modern history New York Magazine, 1988-02-15 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and guickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea A New and Complete Concordance Or Verbal Index to Words, Phrases, & Passages in the Dramatic Works of Shakespeare with a Supplementary Concordance to the Poems John Bartlett, 1889 A Complete Concordance Or Verbal Index to Works, Phrases and Passages in the Dramatic Works of Examiner ,1844 Shakespeare John Bartlett, 1894 Family Herald ,1845 **Billboard** ,2006-01-14 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **Home Care Nursing Practice** Robyn Rice, 2006-01-01 This text covers conceptual information leadership skills and current issues and trends It provides clear and concise information about the best practices and quality improvement for the most common clinical conditions seen in home care Cover

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