BODYPUMP is a workout created by Les Mills, a program out of Auckland, New Zealand. It is roughly a 60-minute format. For this workout, a barbell is used with various weights for each track (song). Each muscle group is choreographed to its own song, using the “Rep Effect” and tempo changes to bring the muscles to fatigue for optimal results. The rep effect uses roughly about 100 repetitions for all eight muscle groups, achieving a total of 800 repetitions by the end of the workout. This creates strong and lean muscles. It also uses some High Intensity Training (HIT) using an option of squat jumps in the lunge track. HIT causes a rise in the heart rate and spikes the metabolism to achieve an after-burn. The workout starts with the major muscle groups and then it hits the smaller ones, like shoulders, and then ends with working the core. Each track keeps the heart rate up, so it also gets a cardiorespiratory workout in. Research has shown it’s one of the quickest ways to get fit! Here is an example of the choreography with the high reps and tempo changes:

**Track 3—Chest**

A x B/B: A= Repitions; B= Tempo

**Round 1:**

- 1 x 4/4 (down for 4 count and up for 4—slowest tempo)
- 4 x 2/2 (up 2, down 2)
- 4 x 3/1 (down 3, up for 1)
- 2 x 4/4
- 8 x 1/1 (singles—quickest tempo, but still stays with the beat)
- 2 x Bottom Half for 4

**Round 2:**

- 4 x 2/2
- 4 x 3/1
- 2 x 4/4
- 8 x 1/1
- 8 x 1/1 (down and hold, then rise it up for a 2 count)
- 2 x 4/4
- 8 x 1/1
- 2 x Bottom half for 4
- 1 x down and hold

**Round 3:**

- 4 x 3/1
- 2 x 4/4
- 8 x 1/1
- 8 x 1/1
- 1 x down and hold

**Workout Objectives**

Objective 1: Fatigue all 8 major muscle groups of the body, by changing the tempo of each exercise, to achieve strong, lean muscles. Each muscle group is choreographed to its own song.

Objective 2: Building pressure (bottom halves) within each muscle to achieve quicker results.

Objective 3: Achieve an after-burn (calories/ fat burned a couple hours post workout) due to a metabolic spike from some high intensity training within the workout.

Objective 4: Have fun!!