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It's impossible to see what is choreography, timing, lyrics, and repetitions. I really liked the old format that we're used to, because it was neatly separated into what is choreography, lyric cues etc. I don't like having to squint my eyes and read a bunch of lines 4 times to find out what the notes want me to do.

Les Mills new choreography note format - Simon Philp

DVD CD Choreography Notes in excellent condition Case has

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some damage at the bottom front 1. Raining Diamonds - Ricki-Lee 2. Someone Like You (Kris McTwain Club Edit) - N-Finity 3. I Like How It Feel...from 127343354

Les Mills BodyPump Body Pump 82 DVD CD Choreography Notes ...

bodyattack get fit, stay fit, stay fitter; bodycombat release your inner warrior; bodybalance calm & centered, long & strong; bodyjam hear the beats, feel the moves; bodypump get lean, tone muscle, get fit; bodystep lift your fitness, raise your energy; cxworx 30 minutes of core intensity; les mills barre ballet inspired workout to shape & tone; les mills grit athletic high intensity interval ...

Les Mills - Choreo updates

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notes in PDF format. If you don't see any interesting for you, use our search form on bottom ↓ . FEATURES: RELEASE48 RPM The RACE OF TRuTh. The Fine Print Les Mills' instructor resources (CDs, DVDs and choreography notes) are ...

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For BODYPUMP, I learn the moves mostly by reviewing the choreography notes and listening to the music. (These are mostly stationary resistance moves, which will be performed with weights, but initially I practice with no weights.) For CXWORX, I learn the moves mostly by doing them with the video, then follow up with studying the notes to music ...

How to learn Les Mills choreography | A Lady Goes West

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BODYPUMP® 75 highlighted the “pec dec” shoulder track and you learn another new move this time – a Reverse Fly that tests the rear deltoids, trapezius, the rhombus and smaller shoulder muscles. Finally, you will need every ounce of strength left for a Hover with Pointer that rocks you to the core. ...

BODYPUMP® 76

A comment was made on the 31st of May from Steff on the Les Mills BodyPump 102 track listing post: Did the format of the chorey notes change body pump choreography notes pdf body pump 85 choreography notes pdf body pump 84 choreography notes pdf bodypump 86 LES MILLS BODY Pump 72 DVD/CD/Choreography Notes BodyPump - \$50.00.

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"Body Pump 84 Choreography Notes Pdf" by William Sheppard

The choreography was fairly simple to catch on to with the exception of track 3. I learn BODYPUMP from reading the notes and it would not stick for some reason. WEIGHT SELECTION The members looked rather bored the first time I taught this release. I did recognize that they found the chest track 3 exceptionally challenging as did I.

Work, Work, Work, Work, Work, Work - Review of Les Mills ...

Les Mills - BodyPump 93 (Master Class, Choreography Notes, Music CD) 14 Days Free Access to USENET! Free 300 GB with Full DSL-Broadband Speed! It's not often we describe lunges as 'fun', but then again, it's not often that this BODYPUMP™ staple is paired with music as vibrant and catchy as it is with the latest

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