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## **Bodypump 87 Choreography Notes - Yearbook2017.psg.fr**

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(slow)4x8Transitation Prepare For DeadliftStand High, Bar On Top, Back To Set. V3Swas4x842/2 DeadliftTip Forward Slowly. I Have You4x843/1 DeadliftA A Little Slower. Instr4x84Single DeadrowBack Again Run, Down Hold Pull. BrYoull See2x8Transitation To Prepare For CurlsTost High, Change Grip. RefAll Itself4x842/2 CurlCurl Slow And Sleek. I'll May 6th, 2024

## **Bodypump 87 Notes**

Like A Lot Of The Tracks In This Release. Every Release I Go Onto The Les Mills Website And Give My Feedback On The “blah” And Two Things I Have About This ... Music: BodyPump 87 Playlist - Di Hickman No Part Of These Notes May Be Used, Stored Or Reproduced In Any Form Or By Any Means Without Pri Feb 5th, 2024

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TGC Classes: Yoga Inspired Stretch - Block 1 Breaths Pose Description And Names Inhale / Exhale, X5 Standing Tall, Feet Hip Distance Apart, Arms Alongside Body:

Mountain Pose Inhale 1 / Exhale 1, X 10 (L&R, 5 Each Side) From Standing, Inhale Extend Arms Up Alongsid Feb 4th, 2024

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