

# Body Pump Choreography Notes

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CHOREOGRAPHY NOTES: YOGA INSPIRED ...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  
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Weebly(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 Apr 5th, 2024Bodyflow 47 Choreography  
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Choreography So You Put The Music On And You Cant  
Have Any Notes Out Because Thats A Les Mills No May  
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Model 2196 LTO Frame 2 1/8" Shaft Dia. Max BHP -  
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(2014), Eds. K.Vedel And P.Hoppu. Mar 12th,  
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Creating A Particular Experience, But Does So Without  
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