



What BODYPUMP does for you!!!

- Improves muscular definition, density, decrease body fat and transforms your body
- Improves muscle strength and posture
- Improves bone mass and density
- Increases metabolic rate through increases in muscle mass.
- Improves ability of the heart, lungs and circulatory system to function under conditions of high pressure and force production
- Provides an effective cross training workout (aerobic + resistance training).
- Improves well being and perceives improvement in sport or exercise activity

<i>What you SHOULD do in BODYPUMP</i>	<i>What you SHOULD NOT do in BODYPUMP</i>
<ul style="list-style-type: none"> ○ New participants should attend at least one technique class to reduce risk of injury. <i>Limit training frequencies 2-3 times/week during the first 12 weeks.</i> ○ REMEMBER! the cardiovascular system improves and responds to training faster than the musculoskeletal system. So take your time and be patient! ○ Participants should limit training frequencies to 2-4 times/weeks with <i>minimum of 48-72 hours recovery</i> ○ Always apply the correct lifting techniques for example, bending the knees to lift or put the bar down. <i>Why? To absorb the stress and impact on lower back.</i> ○ Maintain a straight back, hold as vertical as possible (remember SET POSITION?) ○ Avoid locking joints; <i>keep the joints soft by slightly flexing or bending.</i> ○ Always breathe normally throughout the lift or used correct breath technique for advanced participants. <i>Why? To prevent black out.</i> ○ Know your limit and listen to your body 	<ul style="list-style-type: none"> ○ New Participants Don't go too heavy too soon. ○ <i>Doing 2 BODYPUMP classes in the same day.</i> ○ <i>Doing more than 2 BODYPUMP classes in 3 consecutive days.</i> ○ Keep your injury a secret. ○ Hold your breath during the exercise. ○ Use your lower back to lift the bar. ○ Talk to other participants during the class, especially at the beginning and during the tracks. <p>Recommendation</p> <ul style="list-style-type: none"> - <i>Invest your time at least 1- 2 hours per week in Stretching Class such as BODYBLANCE or YogaStretch to prevent muscle tightness in BODYPUMP class. Benefits; this will increase your range of movement and prevent injury.</i> - <i>Combining BODYPUMP with other cardio classes or exercises, for example, BODYCOMBAT, BAT, BODYBLAST or swimming. It is a great way to improve your Fitness Level and Cardiovascular System (VO2) and the best way to burn FAT!</i>

Sources

- Les Mills International (1999), *BODYPUMP Instruction Manual*, LMI, NZ
- Champion, N. et al (1998), *Fitness Leader Handbook (4th Edition)*, Kangaroo Press, Pymble, Australia
- Nielson, A.C. (1999), *PUMP IT – An attitudinal study on the BODYPUMP workout*, Auckland, NZ
- Parker, (1996), *Network Professional Strength Training Course Book*, NETWORK, Sydney, Australia