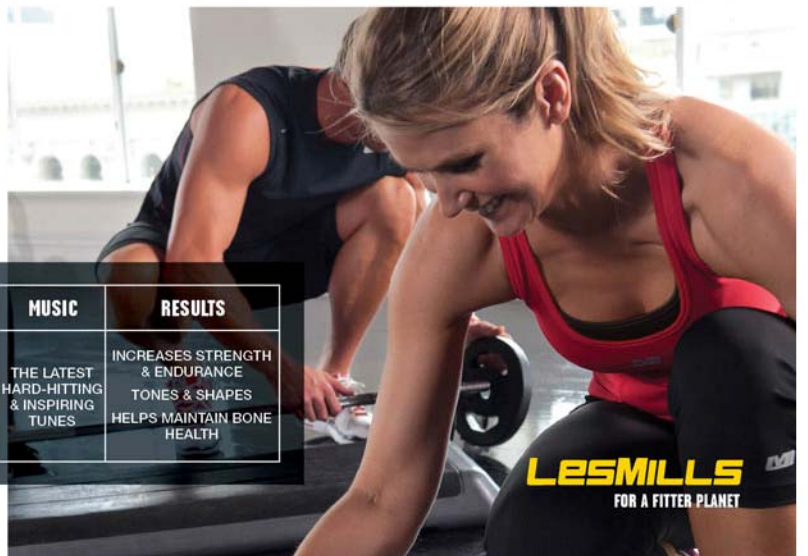




BODYPUMP™

**LEAN, STRONG,
UNSTOPPABLE**



DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
60 MINUTES	WEIGHTS-BASED RESISTANCE TRAINING	MODERATE TO HIGH INTENSITY	UP TO 560 CALORIES	BARBELL, PLATES & HEIGHT- ADJUSTABLE STEP	THE LATEST HARD-HITTING & INSPIRING TUNES	INCREASES STRENGTH & ENDURANCE TONES & SHAPES HELPS MAINTAIN BONE HEALTH

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