

## Bodypump 61 Choreography Notes Pdf Download

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(slow)4x8Transition 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 See2x8Transition To Prepare For CurlsTost High, Change Grip. RefAll Itself4x842/2 CurlCurl Slow And Sleek. I'll Mar 13th, 2024

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Pdf Full April 21st, 2019 - Be Loud And Heard Sat 27 Oct 2018 15 44 00 GMT Body Pump 85 Jan 5th, 2024

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BODYATTACK ADDICT February 2011 April 9th, 2019 - The Choreography Definitely Shows The 3 Dimensions This Time

Around I LI Get Back To That In A Minute But It Is Something To Keep In Mind While Reading And Reviewing My Initial Impressio Feb 12th, 2024

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