

# Bodypump by les mills

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**What is Les Mills BODYPUMP?** LES MILLS+ BODYPUMP™ is an at home barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate free weights and a barbell with lots of repetition, BODYPUMP gives you a total body workout.

**Can you lose weight with BODYPUMP?** As muscles repair from the workouts your body's metabolism is increased. This means that calories are burned by BodyPump at an increased rate long after you finish your Body Pump class. With increased muscle mass, you'll use more energy, resulting in a greater rate of weight loss.

**Can I do Les Mills BODYPUMP everyday?** You may be sore the day after you do BODYPUMP for the first few weeks; embrace this feeling! BODYPUMP really challenges all of your major muscle groups. We recommend you do no more than two or three classes a week, with at least a day off.

**What are the disadvantages of BODYPUMP?** It's also challenging to get the full range of motion for the exercises in class due to the fast tempo. This can make some movements ballistic and contraindicated. The endurance nature of the weight lifting in Body Pump isn't for everyone, especially people who like to lift heavy and have rest intervals.

**Is BODYPUMP ok for beginners?** In a BodyPump workout there are options to suit every ability. If you're new to the workout start with very light weights (or even just the bar). Perhaps just do the first four or five tracks a couple of times a week. You'll find your fitness and strength improves over a number of sessions.

**Is BODYPUMP considered HIIT?** Set to a pulsing rhythm of 10 tracks, BodyPump is a workout routine that uses High-Intensity Interval Training (Hiit).

**Is BODYPUMP cardio or strength?** [TL;DR Technically it's cardio but it doesn't matter — you'll see strength training benefits as well.] Body Pump should really be considered cardio training as opposed to strength training. In true strength training, you would use a weight that you can only do a few repetitions with for one set.

**How many times a week should I do BODYPUMP?** How often should I do a BODYPUMP class? BODYPUMP will really challenge all of your major muscle groups so we recommend you do no more than two to three classes a week, and make sure you have a day off in between. Add two to three cardio classes into the mix and you'll shape and tone your body in no time.

**Does BODYPUMP really work?** This is backed up by research highlighting that the fast tempo resistance training of BODYPUMP expends more energy than lifting heavier loads at a slower rate. Studies also show that the high-repetition, low-load training of BODYPUMP can aid bone density and reduce the risk of osteoporosis.

**Does a BODYPUMP make you toned?** Each exercise helps you burn calories and tone muscle and is sure to make you feel the burn by the end of the workout. Body Pump class also includes a built-in cool-down session set to slower music. This will help reduce achiness and keep you ready to move in time for your next class.

**Can I do BODYPUMP 2 days in a row?** HOW OFTEN SHOULD YOU DO BODYPUMP? BODYPUMP challenges all of your major muscle groups, so most people will get great results doing two to three workouts a week, ideally with a day off in between. Add two or three cardio workouts into the mix and you'll shape and tone your body in no time.

**Is the Les Mills app free?** LES MILLS+ offers a free trial\* to new customers to try out our entire portfolio of workouts. If you're not satisfied, you can cancel your account before your trial ends and you will not be charged. \*Cancel anytime during free trial.

**Which Les Mills is best for weight loss?** Which Les Mills Classes Burn The Most Calories? As the name suggests, the Les Mills Body Combat burns the most calories per workout. But if you are limited on time, then Sprint might be the right fit for you. You will really sweat during this one, burning 450 calories in 30 minutes.

**Is BODYPUMP better than pilates?** Pilates will teach you how to use your muscles right and body pump will do better at adding general strength.

**How long does it take to see results from BODYPUMP?** "The focus is on the correct lifting technique, using light to moderate weights and high repetitions," said Carol Nees, general manager at Spartanburg Athletic Club. "You don't get big. You just get toned and strong." Results differ, but some clients have seen changes in their bodies in as little as two weeks.

**What age is BODYPUMP for?** Body Pump is a full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health. This is a specialised class, suitable for all people aged 16 years & older.

**What is the best weight for a BODYPUMP?**

**Should I eat before BODYPUMP?** Eating before weight training/performance-based training To maximise the results of your training, try to eat a complete meal containing carbs, protein and fat 2–3 hours before you exercise.

**What happens if I do BODYPUMP everyday?** Independent research into BODYPUMP over a 12-week period uncovered only modest results. Researchers expressed concerns that a high number of reps could lead to improper technique and injury. If you enjoy the BODYPUMP workout gets you moving, it's fine to take a class every seven to ten days or so.

**Is BODYPUMP cardio or weight training?** People of all shapes and sizes take BODYPUMP because it's a great cardio and strength workout—and it's never boring.

**Can you get ripped with BODYPUMP?** Instead of running on a treadmill for cardio where you may burn muscle mass as fuel, you can boost your heart rate in BODYPUMP® by doing lighter weights and higher reps. That way you can burn fat and even build upon your muscle mass for that ripped look you're after.

**Is BODYPUMP really effective?** DOES BODYPUMP REALLY GET RESULTS? BODYPUMP really is the ultimate resistance training workout. A fascinating study has shown that BODYPUMP generates a long-term physiological response that is far greater than a calorie-matched cardio class. BODYPUMP can therefore be

described as a more potent exercise stimulus.

**How often should I take BODYPUMP class?** HOW OFTEN SHOULD YOU DO BODYPUMP? BODYPUMP challenges all of your major muscle groups so we recommend you do no more than two to three workouts a week, and make sure you have a day off in between. Add two or three cardio workouts into the mix and you'll shape and tone your body in no time.

**What is Les Mills BODYPUMP good for?** Powered by science – using THE REP EFFECT formula of light weights and high repetitions, BODYPUMP develops lean, athletic muscle, aids metabolism and improves body composition.

**Do I need rest day after BODYPUMP?** You'll find BODYPUMP is a really intense workout that challenges all the major muscle groups. As a result, you should probably limit yourself to a maximum of two or three classes per week, with at least one rest day in between.

**Does BODYPUMP build glutes?** A Bodypump session will engage all main muscle groups, both the large and the small ones. It is made of blocks of exercises engaging different muscles as you work your way through the programme. Squats will get those glutes on fire, as well as your quadriceps, hamstrings, calves and even your abdominals.

**How many calories do you burn in 30 minutes of BODYPUMP?** During a BODYPUMP workout you'll raise your heart rate and increase calorie burn, but more importantly, you'll strengthen, shape and tone your entire body, and also improve bone density when using the Bodypump workout. While you can expect to burn an average of 250 calories during a 30minute BODYPUMP workout.

**Is BODYPUMP considered weight training or cardio?** Not sure how to add weight lifting into your routine? Try a Les Mills BODYPUMP class. While Les Mills BODYPUMP is intended to build strength and sculpt your muscles, it's also a killer cardio workout, with many tracks spiking your heart rate and leaving you dripping with sweat.

**What does Les Mills mean in gym?** The name Les Mills has become synonymous with fitness all around the world. But it's worth remembering Les Mills is an actual

person. Mills grew up in New Zealand and was a famous track and field athlete. He was a discus thrower. And he represented New Zealand in the Olympics on four unique occasions.

**Why is Les Mills so popular?** Constantly creating new programmes and then every quarter launching new programmes within the programmes, there's a constant evolution, a constant focus on change. Which is very challenging to do, and they've been very successful at it." "There isn't another brand that even comes close to what Les Mills offer.

**What is the difference between Les Mills BODYPUMP and BodyCombat?** BodyPump is a strength training and cardio class. In it, participants do high repetitions of moves with light to moderately heavy weights. BodyCombat is a full-body training class that uses moves inspired by martial arts. The focus of this class is cardio and feeling empowered.

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**What type of exercise is Les Mills BODYPUMP?**

**How many reps in a Les Mills pump class?** If you're familiar with BODYPUMP you'll know the class is almost exactly what the name suggests – a full body workout

designed to burn fat fast through reps, reps and, you guessed it, more reps: between 800-1,000 in fact, which is enough to build up a sweat just thinking about!

**How old is Les Mills BODYPUMP?** In 1990 we changed the game by adding barbells to the studio with the original PUMP class. Massively popular in Australia and New Zealand, we knew it was a winning formula. In 1997, it was renamed BODYPUMP™ and our crew of road warriors took it to the world.

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**What happens in a BODYPUMP class?** A 55-minute BODYPUMP workout features ten tracks, each focusing on a different muscle group. You can always expect a good dose of squats, deadlifts, clean and presses, lunges and bicep curls. And, more often than not you'll find push-ups, chest presses, overhead presses and crunches are part of the mix too.

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**Does a BODYPUMP get you toned?** lean, toned and fit. The combination of scientifically- backed moves, motivating instructors and great music.

**What are the benefits of Les Mills BODYPUMP?** Powered by science – using THE REP EFFECT formula of light weights and high repetitions, BODYPUMP develops lean, athletic muscle, aids metabolism and improves body composition. See findings from the Les Mills Lab for more evidence.



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