

# Bodyump Choreography Note Pdf Download

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(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 See2x8Transition To Prepare  
For CurlsTost High, Change Grip. RefAll Itself4x842/2  
CurlCurl Slow And Sleek. I'll Jan 6th, 2024

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Like A Lot Of The Tracks In This Release. Every Release  
I Go Onto The Les Mills Website And Give My Feedback  
On The “blah” And Two Things I Have About This ...  
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The Time In Jordan I Was Lucky Enough To Experience  
It Before It Was Launched In Jan 2th, 2024

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Workout (W1, D1) FullBody | Ø=ÜIntermediate  
PUMPBLAST Ø=Ý-400-500 Kcal Les Mills Bodyump  
Home Workout BODYØ=ÜªØ