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Each quarter a new release comes out with new music, new choreography and a new focus. This is the breakdown of BodyPump 96 track by track, with music, my cliff notes version of the workout for the track and if nothing else I hope you get some fun new music to motivate you to MOVE!

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## **BodyPump 96 Playlist - Di Hickman**

Before we get started on the latest release for BODYPUMP, if you need a primer on what a BODYPUMP class entails, check out BODYPUMP overview and tips for first-timers. What you really need to know is that BODYPUMP is a strength class, primarily using a barbell and weight-plates. And it's awesome. Overall notes on BODYPUMP 94. Wow!

## **Les Mills BODYPUMP 94 group fitness review | A Lady Goes West**

Each quarter the company "releases" new music, choreography and exercises for each of its 12 programs. I teach three of those programs, including BODYPUMP , CXWORX and BODYATTACK . Anywhere you go in the world to take a Les Mills class, you can expect it to be taught in the same format, with top-quality instruction and contemporary music.

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