

# BODYPUMP 100 EXPRESS FORMATS

## 30-MINUTE FORMAT

Track 1	Warmup
Track 2	Squats
Track 3	Chest
Track 4	Back
Track 9	Core
Total Time	28:14

## 45-MINUTE FORMAT

Track 1	Warmup
Track 2	Squats
Track 3	Chest
Track 4	Back
Track 7	Lunged
Track 8	Shoulders
Track 9	Core
Track 10	Cooldown
Total Time	42:40

## CREDITS

Choreography – Glen Oestergaard  
 Chief Creative Officer – Dr. Jackie Mills  
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 Program Planner – Carrie Clark  
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 Technical Consultant – Bryce Hastings  
 Technical Advisor – Corey Beard

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## KEY

All	alternating	1	1/2	1	1/2	8 counts down,
B up	back up	1/1	2 counts down,			2 counts up
B	bridge (not chested)		2 counts up		4/4	8 counts down,
C	chest	1/1/1/1	2 counts 7 or 8,			8 counts up
chs	musical counts		2 counts down,	1/2/1		2 counts down,
F or B	forward or back		2 counts up,			4 counts hold,
hsh	horizontal		2 counts 7 or 8			2 counts up
Intro	introduction	1/1/2	2 counts down,	8/8		16 counts down
L	left		2 counts hold,			16 counts up
OH	over head		4 counts up			⊕ Increase weight selection
Outro	last few bars of music	1/2	2 counts down,			⊙ Normal weight selection
PC	pre chested		8 counts up			⊖ Decrease weight selection
QC	quarter chested	2/2	4 counts down,			
R	right		4 counts up			
Refr	refrain (recurring phrase or number of song lines)	2/2/2/2	4 counts 7 or 8,			
Rep	repeat part of the phrase repeated		4 counts down,			
			4 counts up,			
Repr	repeat part of the phrase repeated		4 counts 7 or 8			
ROM	range of motion					

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 THE REP EFFECT™

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1 WARMUP	This is What You Came For © 2014 Sony Music Entertainment Inc. under the license of Warner Bros Entertainment Ltd. All rights reserved. Sony Music Entertainment, Inc. is the copyright owner.	Calvin Harris feat. Rihanna	2:39
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