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Les Mills Program Manual Bodypump

BODYPUMP 85 is the second release for 2013 and oh it definitely didn't disappoint, so let's jump right into it. *At the time of writing this post, I've taken/taught this release 5 times.* BODYPUMP 85 IN REVIEW. RATINGS (1 >>>10) WITH 1 BEING DISLIKED AND 10 BEING LOVED.

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