



LES MILLS BODY PUMP™

Join us for a technique class! BODY PUMP classes are designed around the staple weight room exercises; squat, chest press, deadlift, rows etc. These exercises are great but if you don't do them correctly, you risk injury or you may not get the total benefit of the exercise.

Our instructors are here to make sure you do everything correctly, but here are some things to think about when you are in class:

- Good posture is the foundation of all exercise
- Focus on learning the right technique from the beginning rather than trying to break old habits
- ALWAYS pay attention to your movement. The mirrors in class are there for you to check your form and make adjustments.
- Perform the movements with controlled, smooth actions - not jerky ones.
- Always keep a slight bend in your joints - don't lock them out.
- Listen to your body, it will tell you if something is not right. Some muscle pain is natural at first, especially if it's the same on both sides of your body. If you have pain down only one side or in the joints, check with your instructor. If the pain continues, see your doctor.

SAFETY