



LES MILLS BODY PUMP™

- Once you have done your first few BODY PUMP classes we recommend a maximum of two to three classes a week. Remember, your body needs recovery time between weight training workouts so make sure to rest at least one day between classes.
- Like trying any new class, it is hard to tell where to start on weight selection so don't overdo it. It's better to choose lighter weights to start because you can always increase them as you progress in future classes.
- If you take the class and leave feeling like it was too hard or too easy, come back! You have to take any group class a few times before you can figure out what weight you should be lifting. There are always ways to make the class harder or easier, it's for everyone!
- Don't increase your weights too quickly or you could get injured. BODY PUMP classes are focused on high reps and low weight. When you start to get tired, your form does as well. If your form is breaking, stop and take a break. Just because the instructor keeps going doesn't mean you have to, work up to it! Strength training should be a part of your lifestyle not something that is a quick fix that needs to be done in 2 weeks.
- Your muscles will adapt and you will notice strength gains as your body gets used to lifting the weights. Try increasing your weights after 3-6 weeks of training.

TIPS