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BODYPUMP™ 84 MUSIC TRACK

	TRACK	ARTIST	
1	Let's Go © 2012 Les Mills Music Licensing Ltd. Written by: Harris, Smith	Lock Jaw	4:56
2	Turning Tables © 2012 Les Mills Music Licensing Ltd. Written by: Tedder, Adkins	Element Depot	5:12
3	Welcome To The Jungle © 2012 Les Mills Music Licensing Ltd. Written by: Adler, McKagan, Stradlin, Slash, Rose	Guiltless United	5:04
4	Because The Night (Manian Bootleg Cut) © 2008 Zooland Records. Written by: Springsteen, Smith	Cascade	5:29
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7	Where Have You Been © 2012 Les Mills Music Licensing Ltd. Written by: Walter, Gottwald, Dean, Wilos, McElhinney	Reality Hero	5:39
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9	Whistle © 2012 Atlantic Recording Corp. Produced Under License From Atlantic Recording Corp. Written by: Dillard, Glass, Killian, Isaac, Mobley, Franks	Flo Rida	3:50
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Bodypump 88 Choreography Note.pdf Free Download Here . BodyPump ... Notes . les-mills-bodypump-84-master-class . Video.Body.Pump.84.. LES MILLS BODY Pump 72 DVD/CD/Choreography Notes BodyPump - \$50.00. Complete instructor release 72 kit! CD, DVD and notes. Plastic part that hold CD For BODYPUMP, I learn the moves mostly by reviewing the choreography notes and listening to the music. (These are mostly stationary A comment was made on the 31st of May from Steff on the Les Mills BodyPump 102 track listing post: Did the format of the chorey notes change Now that I've taught the latest Les Mills BODYPUMP 90 group fitness class ... but that isn't offered as an option in the official choreography notes like it usually is. ... BODYPUMP 89 review and launch · BODYATTACK 84 review Les Mills Pump Manual Les Mills Pump Manual PDF. ... You get everything you 1983 or 84 w. ... Manual Instructor Body Pump Read/Download Pump training pack in the mail from Les Mills. ... Les Mills ' instructor resources (CDs, DVDs and choreography notes) are unique, valuable resources provided to you as a Les Mills But in 84 I was smiling the whole way through as each and every track was amazing. The lunge track gave me goosebumps! Special note has to be made about ...

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