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In this lesson, presents the pumping exercises developed by Les Mills. Like any other fitness approach, Les Mills Body Pump consists of several basic parts: Warm-up: Exercises that include simple aerobic movements to increase your heart rate. While some exercises may involve heavy weights, such as the dumbbell press off the floor, Les Mills uses only light weights. Basic Exercise Set: Les Mills Body Pump begins with a warm-up, then includes upper body exercises, then lower body exercises, and then leg, arm and back exercises.

Warm-up: 1. Push-Up 2. Wider Biceps 3. Biceps Curl 4. Tricep Tuck 5. Chest Press 6. Chest Lateral 7. Biceps Curl 8. Wider Biceps 9. Arms Squat 10. Push-Up Core set of exercises Triceps Curl 2. Triceps Curl 3. Arms Squat 4. Arms Squat 5. Push-Up 6. Push-Up 7. Push-Up 8. Push-Up 9. Push-Up

1. Take the Triceps Curl stance. Pull your right forearm down, bending your elbow. Then push your elbow out toward your right hip, tensing your biceps and keeping your arm parallel to the floor. Hold in this position. Do two sets of 20 reps for each arm. 2. Take the Arms Squat position. Squat with your elbows bent and pull your left forearm toward your left hip. Push your elbow upward, straining your biceps. If you want to increase the load, you can try increasing the number of sets to 3-4 or more. Lunges with dumbbells in hands: Dumbbell hand lunges are a very effective exercise. With its help, you can work out the glutes perfectly. The exercise is performed in the usual way. Put your feet at shoulder width. Take dumbbells in your hands, with your palms facing each other. Bend your knees slightly. Start stepping forward. First of all, bring your left leg back. Do not bend the knee joint, lunge from the heel. Now, if you feel you can take the next step, move to the front leg. Eventually you will be able to do a full turn, allowing you to engage your whole leg and back. Don't forget that you have to make a hip movement during the exercise. Take your time, just try to work evenly. Repeat the lunge on both sides. Don't rush, you should feel the muscles working.

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