



[Les Mills Bodypump 86 Torrent](#)

1 WARMUP

WEIGHT SELECTION Light barbell + 2x light plates **DEMONSTRATE** SET Position

TRACK FOCUS Connect your class to the workout through the music, timing and target zones.

SET	MUSIC	EXERCISE	REPS
1	0:08 - Intro	Shoulder Roll	1x
	0:12 - V1	Wrestle	2x DEADLIFT
	0:27 - V2	Light	1x
	0:41 - C	This is the	2x DEACROW
2	0:56 - C	This is the	1x
	1:10 - V1	Both in, drop	2x UPRIGHT ROW
	1:23 - V2	Light	1x
	1:40 - C	This is the	COMBINATION 1 1x 1/2 CLEAN & PRESS (R-LEG) 1x 1/2 DEACROW (R-LEG)
TRANSITION 2:10 - B			
3	2:26 - Intro	Shoulder Roll	1x
	2:30 - Thought	Deposition	1x
	2:32 - V1	4x SQUAT	1x
	2:32 - V2	4x SQUAT	1x
	2:32 - V3	4x SQUAT	1x
	2:32 - V4	4x SQUAT	1x
4	2:51 - C	This is the	1x LUNGE L, switch legs on last 2 rps.
	3:05 - C	This is the	1x LUNGE R, switch legs on last 2 rps.
	3:20 - V1	Light	1x SQUAT
	3:20 - V2	Light	1x SQUAT
	3:20 - V3	Light	1x SQUAT
	3:20 - V4	Light	1x SQUAT
TRANSITION 3:30 - B			
4	3:46 - Intro	Deposition	1x
	3:46 - Thought	4x SIDE RAISE	1x
	3:54 - V1	4x SIDE RAISE	1x
	3:54 - V2	4x SIDE RAISE	1x
4	4:12 - C	This is the	1x SIDE ROTATOR RANGE (R-LEG)
	4:41 - V1	Light	1x SIDE ROTATOR RANGE with 1/2 OH PRESS and down to SET Position

RECOVERY Shake the arms and legs, light torso twists.

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