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BODYPUMPâ„¢ â€“ Total Body Transformation by Lesmills

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Why do people work out? When asked why they join a gym or fitness class, most people will answer along the lines of wanting to be fitter, stronger, healthier, to lose body fat or increase body definition.

One of the worldâ€™s fastest ways to get in shape and tone the body is Les Mills BODYPUMPâ„¢, a highly successful exercise program loved by millions of people, which incorporates weights into an aerobic exercise routine.

Traditional aerobic workouts focus on accelerating heart rate and burning calories. Strength workouts, on the other hand use heavy weights to build muscle, often creating â€œbulkâ€• where it isn't necessarily wanted. The difference with BODYPUMPâ„¢ is that it focuses on creating a streamlined result instead.

Focusing on high repetition movements with low weight loads, youâ€™ll create a lean, toned, strong physique â€“ fast. Fans of BODYPUMPâ„¢ report other benefits of the classes, such as improved posture, better overall fitness and health along with substantial loss of body fat and creating a lean, toned, strong physique.

How it works â€“ THE REP EFFECTâ„¢

THE REP EFFECTâ„¢ is the concept behind the Les Mills BODYPUMPâ„¢ resistance training workout. By working with lighter weights and performing high volume repetitions â€“ up to 800 reps in a single class â€“ muscles take on a more sculpted and toned appearance, as opposed to bulking up from low repetitions of heavy weights. Also, by incorporating THE REP EFFECTâ„¢ into an aerobic routine with squats, curls, lunges and lifts, youâ€™ll target your legs, arms, chest, back, shoulders, buttocks and abdominals â€“ a total body transformation!

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Lesmills - About Author:
Les Mills provides a group exercise classes, and with Les Mills youâ€™re not just exercising, youâ€™re joining in on something bigger than yourself â€“ a revolution. Youâ€™ll fall in love with fitness as their passionate instructors and inspiring music tracks guide you through a huge variety of fitness workouts that will change your life.

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