



**IMPORTANT FOR BEGINNERS!
ARRIVE AT LEAST 15 - NO LATER
THAN 10 MINUTES PRIOR TO CLASS**



What is BODYPUMP?

BODYPUMP® is a barbell-training class designed to give you maximum results in the shortest amount of time. Low on complexity, but high in fun, BODYPUMP has all the benefits of weight training including increased strength, increased metabolism and the “feel good” factor associated with a great total body workout.

What to Wear

The most important thing to wear is comfortable workout attire. Most people wear track pants, shorts and t-shirts, while some feel more comfortable in Lycra. Also, be sure to wear comfortable athletic shoes. Most importantly, be free to move and comfortable to sweat.

What to Bring

Bring your energy, a towel and a water bottle. That is all you will need. Some people prefer to wear weight training gloves, but they are certainly not essential. Wait and see how you feel after your first couple of classes before deciding to invest.

Arrive 15 Minutes Before Class

It is important to arrive 15 minutes before class to meet the instructor. During these 15 minutes, the instructor will ensure that you are comfortable during your first class and answer any questions you may have. The instructor will ask you such questions as:

- Have you ever exercised?
- Have you ever weight trained?
- Have you participated in group fitness?
- Do you have any injuries or problems that might affect your ability to participate in the class?

These answers will help the instructor decide what approach you should take in class and how to modify the exercises, if necessary.

Where to Stand

The best place to stand is within clear view of the instructor. It is not necessary to be at the front, but try to be in the center of the room. It is important to avoid mirrors and to concentrate on the instructor. He or she is the best source of visual technique information. Mirrors are distracting and sometimes relay unnecessary information.

What You Need for Class

When you first walk into the room, you will sense a bit of mayhem and it will seem like everybody knows what to do, except for you. That too, is perfectly normal. Everybody is responsible for setting up his or her own equipment for the class. The equipment you will need to grab and put in a spot is:

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- A step and 4 risers
- A bar
- 2 collars (clips)
- A selection of weights – go easy your first class – pick the smaller weights!

How You Can Expect to Feel... *Before Class*

It is perfectly normal to feel apprehensive and nervous before your first BODYPUMP class. Typically, adults do not like to be “new” at something and they have high expectations for their first performance. It is important to remember that everyone in class, even the instructor, did his or her first BODYPUMP class at one time, and there will be more new BODYPUMPers after you. Once you get your first class out of the way, a lot of the apprehension will disappear. Remember, there is safety in numbers. You will also be amazed at how many other BODYPUMPers will help you if you need it.

During Class

The objective of your first few classes is to understand the format and the equipment, as well as to learn basic technique. After that, you can start to concentrate on the intensity of your workout.

Just keep in mind that it takes two to three classes to get the “lingo” down and to feel most comfortable with the movements.

After Class

You will be excited to get your first class under your belt, and hopefully will be looking forward to your next class. It is important to know that you will be sore. With any new workout or at the start of any exercise program, you experience muscle soreness. This is due to an unaccustomed demand being placed on your muscles. Muscle soreness, in simple terms, is your body adapting to a new experience. Extreme muscle soreness can easily turn you off exercise.

For this reason, it is crucial to gradually build up your workout; weight recommendations are so important. There will be nothing gained by trying to perform at the level of a world-class athlete right from the start!

Everyone is different in terms of where they experience the most muscle soreness. It really depends on what exercises you have done in the past. Often times, people are most sore on the second day after they exercise. If you experience anything that seems like an injury, rather than muscle soreness, please consult the instructor after the class. It may be a technique error or alternatively, if it is a pre-existing condition, the instructor can help you with an alternate exercise.

When Should You Do Your Next Class

BODYPUMP is designed to be done two or three times per week (**Studio Jear! recommends twice a week**) and you should not exceed three times in one week. It is not a case of the more you do the better. In fact, you get diminished returns when you do the class too much.

BODYPUMP should be approached like regular weight training, where the days of rest (from weight training) in between are as important as the workout itself.

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