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Research shows that exercising in a group as opposed to exercising alone can increase pain thresholds and prolong stamina, thereby maximizing the results gained from an exercise program.

Exercising in a group increases focus and motivation and prevents distraction and boredom often found when exercising alone. Les Mills call this THE GROUP EFFECT and it is for this reason that group exercise classes and group fitness programs have become a specialty in their gyms, attracting millions of people all over the world to their high energy and fun group strength and resistance training workouts.

One of the most popular of all their group exercise classes is Les Mills BODYPUMPâ„¢. Incorporating high repetition movements of low weights into an aerobic exercise routine, BODYPUMPâ„¢ has revolutionized traditional group exercise classes with fans reporting results never seen before with previous group exercise classes.

The Les Mills BODYPUMPâ„¢ Class â€“ why is everyone talking about it?

The Les Mills BODYPUMPâ„¢ class takes group exercising to a whole new level. Drawing on several years' experience of designing group fitness classes with serious scientific backing, Les Mills have ensured that this resistance training workout is a high energy, fun, safe and highly effective exercise routine.

Specially trained, inspirational and motivational instructors guide the class through the Les Mills BODYPUMPâ„¢ workout with fast-paced, innovative choreography and energetic chart-topping music, updated regularly to keep you focused and involved in your workouts. Incorporating THE GROUP EFFECT into your BODYPUMPâ„¢ workout promotes increased stamina, extra motivation and a strong sense of satisfaction that your group exercise program is not only getting unbelievable results in your fitness and strength measurements, but it's also huge fun and very, very addictive!

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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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