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## **Les mills - pump**

LES MILLS PUMP is based on the international group exercise sensation BODYPUMP , loved by millions and taught by 90,000 highly-trained instructors in 14,000 clubs

### **What is your opinion on les mills body pump?**

I have attended Les Mills Body Pump at a NYC gym, and at fitness conventions. The classes I have seen have paid little or no attention to correct lifting and alignment.

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