

		DESCRIPTION	DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	<b>BODYPUMP™</b>	THE ORIGINAL. WEIGHTS GLIDE OVER MUSCLE STRENGTH, TONES YOUR BODY AND PUMPS YOU TO THE LIMIT EVERY TIME BE STRONG.	60 MINUTES	WEIGHTS-BASED RESISTANCE TRAINING	MODERATE TO HIGH INTENSITY	AVERAGE OF <b>560</b> CALORIES	SMALL, FLAT, 4-WHEEL, ADJUSTABLE STEP	THE LATEST HARD-HITTING & INSPIRING TUNES	INCREASES STRENGTH & ENDURANCE TONES & SHAPES HELPS MAINTAIN BONE HEALTH
	<b>BODYCOMBAT™</b>	A CHALLENGING MIX OF MARTIAL ARTS AND ENDURANCE. BUILDING STRENGTH YOU NEVER KNEW YOU HAD.	55 MINUTES	MARTIAL ARTS, IMPROVED CARDIO	HIGH INTENSITY	AVERAGE OF <b>740</b> CALORIES	N/A	THE LATEST HARD-HITTING TUNES	TONES & SHAPES INCREASES STRENGTH & ENDURANCE BUILDS SELF-CONFIDENCE
	<b>BODYBALANCE™/ BODYFLOW™</b>	A FLOW, YOGA-LIKE MOVEMENT FLOWING THROUGH YOUR LEGS, TORSO, SHOULDERS, ARMS AND ENTIRE BODY. BALANCED.	55 MINUTES	INSPIRED BY YOGA, TAI CHI & PILATES	LOW INTENSITY	AVERAGE OF <b>390</b> CALORIES	YOGA MAT (OPTIONAL)	SOULFUL, CALMING & INSPIRING TUNES	IMPROVES JOINT FLEXIBILITY & RANGE OF MOTION TONES & SHAPES ENHANCES MENTAL WELLBEING
	<b>RPM™</b>	HIGH-INTENSITY INTERVAL TRAINING SET TO TUNES THAT WILL GET YOUR PULSE RACING. GET RESULTS FASTER, FOR LONG.	45 MINUTES	INDOOR CYCLING (CARDIO)	MODERATE TO HIGH INTENSITY	AVERAGE OF <b>675</b> CALORIES	INDOOR STATIONARY BIKE	THE LATEST FUN & HARD-HITTING TUNES	IMPROVES HEART & LUNG FITNESS INCREASES STRENGTH & ENDURANCE
	<b>BODYATTACK™</b>	A FULL-ON, HIGH-ENERGY CARDIO WORKOUT TO INSPIRING TUNES. BE UNSTOPPABLE.	55 MINUTES	SPORTS-INSPIRED (CARDIO)	HIGH INTENSITY	AVERAGE OF <b>735</b> CALORIES	N/A	THE LATEST FUN & HARD-HITTING TUNES	IMPROVES AGILITY, COORDINATION, STRENGTH & ENDURANCE IMPROVES HEART & LUNG FITNESS
	<b>BODYSTEP™</b>	THE FAST TRACK. EXPLOSIVE STEP WORKOUT THAT WILL LEAVE YOU UPPROVED AND READY TO MOVE, FOR LONG.	55 MINUTES	STEP-BASED (CARDIO)	MODERATE TO HIGH INTENSITY	AVERAGE OF <b>620</b> CALORIES	HEIGHT ADJUSTABLE STEP	THE LATEST FUN & FUNNY TUNES	IMPROVES HEART & LUNG FITNESS IMPROVES AGILITY & COORDINATION INCREASES STRENGTH & ENDURANCE
	<b>BODYVIVE™</b>	A LOW-IMPACT WORKOUT FOR THE WHOLE BODY THAT WILL GET YOUR CORE WORKING HARDER, FOR A LEANER, STRONGER YOU. FEEL, FORWARD.	55 MINUTES	CARDIO, BALANCE & MOBILITY RESISTANCE & CORE WORK	LOW TO MODERATE INTENSITY	AVERAGE OF <b>420</b> CALORIES	RESISTANCE TUBE & BALL	THE BEST MUSIC FROM THE 70s, 80s & 90s	IMPROVES HEART & LUNG FITNESS TONES & SHAPES INCREASES RANGE OF MOTION REDUCES STRESS
	<b>BODYJAM™</b>	FUELED BY STREET CULTURE, A DANCE AND CARDIO WORKOUT THAT WILL LEAVE YOU FEELING WYDED. EXPRESS YOURSELF.	55 MINUTES	SPORTS-INSPIRED (CARDIO)	MODERATE INTENSITY	AVERAGE OF <b>530</b> CALORIES	N/A	THE HOTTEST NEW SOUNDS	BURNS CALORIES TONES & SHAPES DEVELOPS SELF-EXPRESSION IMPROVES COORDINATION
	<b>SH'BAM™</b>	CUT LOOSE TO THE HOTTEST NEW WORKOUT WITH FUN MOVES AND GROOVY TUNES. FREE YOURSELF.	45 MINUTES	SPORTS-INSPIRED (CARDIO)	MODERATE INTENSITY	AVERAGE OF <b>510</b> CALORIES	N/A	CHART TOPPING HITS & REMIXED CLASSICS	BURNS CALORIES TONES & SHAPES DEVELOPS SELF-EXPRESSION IMPROVES COORDINATION
	<b>CXWORX™</b>	A PERSONAL, TRAINING-INSPIRED, SCIENTIFICALLY-BASED WORKOUT THAT CHALLENGES YOU TO BUILD AND MAINTAIN A BETTER SHAPED AND FUNCTIONING CORE.	30 MINUTES	CORE STRENGTH TRAINING	MODERATE TO HIGH INTENSITY	AVERAGE OF <b>210</b> CALORIES	RESISTANCE TUBE	CLASSIC TOP 40 & CURRENT HITS	TIGHTENS & TONES CORE MUSCLES IMPROVES FUNCTIONAL STRENGTH FOR BALANCE, MOBILITY & INJURY PREVENTION

# Body Pump Program Manual

**Peng Cheng Wang,Xiang Dong  
Liu,Yong Quan Han**



## **Body Pump Program Manual:**

**Planar Multibody Dynamics** Parviz Nikravesh, 2018-09-03 Planar Multibody Dynamics Formulation Programming with MATLAB and Applications Second Edition provides sets of methodologies for analyzing the dynamics of mechanical systems such as mechanisms and machineries with coverage of both classical and modern principles Using clear and concise language the text introduces fundamental theories computational methods and program development for analyzing simple to complex systems MATLAB is used throughout with examples beginning with basic commands before introducing students to more advanced programming techniques The simple programs developed in each chapter come together to form complete programs for different types of analysis Features Two new chapters on free body diagram and vector loop concepts demonstrate that the modern computational techniques of formulating the equations of motion is merely an organized and systematic interpretation of the classical methods A new chapter on modeling impact between rigid bodies is based on two concepts known as continuous and piecewise methods A thorough discussion on modeling friction and the associated computational issues The short MATLAB programs that are listed in the book can be downloaded from a companion website Several other MATLAB programs and their user manuals can be downloaded from the companion website including a general purpose program for kinematic inverse dynamic and forward dynamic analysis a semi general purpose program that allows student to experiment with his or her own formulation of equations of motion a special purpose program for kinematic and inverse dynamic analysis of four bar mechanisms The preceding three sets of programs contain animation capabilities for easy visualization of the simulated motion A greater range of examples problems and projects **Advanced Designs and Researches for Manufacturing** Peng Cheng Wang, Xiang Dong Liu, Yong Quan Han, 2012-12-13 Selected papers from the 2nd International Conference on Materials and Products Manufacturing Technology ICMPMT 2012 September 22 23 2012 Guangzhou China **Joslin Diabetes Manual** Leo P. Krall, Richard S. Beaser, Joslin Diabetes Center, 1989 Abstract This manual was developed as a guide to help people with diabetes find their way through the jungle of information about diabetes and how to make their survival with the disease as comfortable as possible Topics include defining diabetes treating diabetes nutrition and diabetes exercise with diabetes insulin monitoring diabetes pregnancy and diabetes diabetes and aging and acute and longterm complications of diabetes Several helpful appendices include food choice lists automatic insulin injectors and resources for the elderly *Scientific and Technical Aerospace Reports*, 1969 Lists citations with abstracts for aerospace related reports obtained from world wide sources and announces documents that have recently been entered into the NASA Scientific and Technical Information Database Fathom, 1996 Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office, 1977 *Nurses' Handbook of Fluid Balance* Norma Milligan Metheny, William Daniel Snively, 1979 **Highway Design Manual of Instructions**, 1975 The Software Encyclopedia, 1986 ASHRAE Handbook, 1996 State-of-the-art Technology in Anesthesia and Intensive Care Kazuyuki

Ikedai,Matsuyuki Doi,Tomie Kazama,1998 Hardbound International Congress Series 1168 State of the Art Technology in Anesthesia and Intensive Care contains selected papers from the 18th International Symposium on Computing in Anesthesia and Intensive care held in Hamamatsu City Japan Four hundred participants from twenty two countries focused their interest on promoting patient safety and quality improvement in anesthesia and intensive care using state of the art technology The book also introduces eight new techniques for cardiac output estimation that encompasses almost all techniques available in the world This is the only book presently available that compiles the most advanced technology in the field of anesthesia and intensive care medicine **NASA SP.** ,1962 *Automotive Industries* ,1923 *Government reports annual index* ,199?

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web the first civilizations appeared in major river valleys where floodplains contained rich soil and the rivers provided irrigation for crops and a means of transportation foundational civilizations developed urbanization and complexity without outside influence and without building on a pre existing civilization though they did not all develop

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