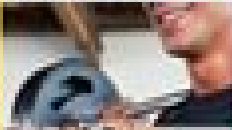
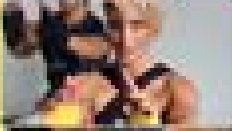
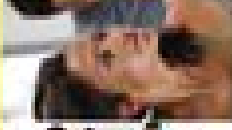
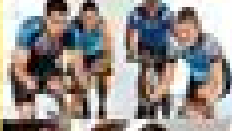
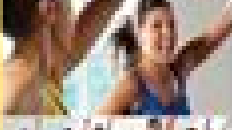
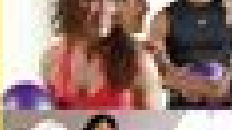
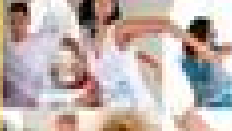


|                                                                                    |                                    | DESCRIPTION                                                                                                                                 | DURATION      | EXERCISE TYPE                                              | INTENSITY                        | BURN RATE                            | EQUIPMENT                                        | MUSIC                                            | RESULTS                                                                                                           |
|------------------------------------------------------------------------------------|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|---------------|------------------------------------------------------------|----------------------------------|--------------------------------------|--------------------------------------------------|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
|    | <b>BODYPUMP™</b>                   | THE ORIGINAL WEIGHTS CLASS THAT BUILDS STRENGTH, TONES YOUR BODY AND PUMPS YOU UP TO THE LIMIT EVERY TIME WE STRIKE.                        | 60<br>MINUTES | WEIGHTS-BASED<br>RESISTANCE<br>TRAINING                    | MODERATE<br>TO HIGH<br>INTENSITY | AVERAGE OF<br><b>560</b><br>CALORIES | SMALL,<br>FLAT<br>& HEIGHT<br>ADJUSTABLE<br>STEP | THE LATEST<br>HARD-HITTING<br>& PUMPING<br>TUNES | INCREASES STRENGTH<br>& ENDURANCE<br>TONES & SHAPES<br>HELPS MAINTAIN SOME HEALTHY                                |
|    | <b>BODYCOMBAT™</b>                 | A CHALLENGING MIX OF MARTIAL ARTS AND ENDURANCE, BUILDING STRENGTH YOU NEVER KNEW YOU HAD.                                                  | 55<br>MINUTES | MARTIAL ARTS-<br>INSPIRED CARDIO                           | HIGH<br>INTENSITY                | AVERAGE OF<br><b>740</b><br>CALORIES | N/A                                              | THE LATEST<br>HARD-HITTING<br>TUNES              | TONES & SHAPES<br>INCREASES STRENGTH<br>& ENDURANCE<br>BUILDS SELF-CONFIDENCE                                     |
|    | <b>BODYBALANCE™/<br/>BODYFLOW™</b> | A TONE, TIGHTEN AND PUMPING PUMPED WORKOUT THAT LEANS FLOWING, STRETCH, TONE AND CENTERING YOUR BALANCE.                                    | 55<br>MINUTES | INSPIRED BY<br>YOGA, TAI CHI<br>& PILATES                  | LOW<br>INTENSITY                 | AVERAGE OF<br><b>390</b><br>CALORIES | YOGA MAT<br>OPTIONAL                             | SOULFUL,<br>CALMING &<br>PUMPING<br>TUNES        | IMPROVES JOINT FLEXIBILITY<br>& RANGE OF MOTION<br>TONES & SHAPES<br>ENHANCES MENTAL<br>WELLBEING                 |
|    | <b>BPM™</b>                        | HIGH-INTENSITY INTERVAL TRAINING SET TO TUNES THAT WILL GET YOUR PULSE RACING. GET RESULTS FASTER, FOR FREE.                                | 45<br>MINUTES | HIIT/SPIN<br>CARDIO                                        | MODERATE<br>TO HIGH<br>INTENSITY | AVERAGE OF<br><b>675</b><br>CALORIES | HIIT/SPIN<br>STATIONARY<br>BIKE                  | THE LATEST<br>PUN & HARD-<br>HITTING TUNES       | IMPROVES HEART<br>& LUNG FITNESS<br>INCREASES STRENGTH<br>& ENDURANCE                                             |
|    | <b>BODYATTACK™</b>                 | A FULL-BODY, HIGH-ENERGY CARDIO WORKOUT TO ENDURING TUNES, WE GUARANTEE.                                                                    | 55<br>MINUTES | SPORTS-INSPIRED<br>CARDIO                                  | HIGH<br>INTENSITY                | AVERAGE OF<br><b>735</b><br>CALORIES | N/A                                              | THE LATEST<br>PUN & HARD-<br>HITTING TUNES       | IMPROVES AGILITY,<br>COORDINATION,<br>STRENGTH & ENDURANCE<br>IMPROVES HEART<br>& LUNG FITNESS                    |
|    | <b>BODYSTEP™</b>                   | THE FAST-PACED, EXPLOSIVE STEP WORKOUT THAT WILL LEAVE YOU BREATHLESS AND READY TO MOVE FOR MORE.                                           | 55<br>MINUTES | STEP-BASED<br>CARDIO                                       | MODERATE<br>TO HIGH<br>INTENSITY | AVERAGE OF<br><b>620</b><br>CALORIES | HEIGHT<br>ADJUSTABLE<br>STEP                     | THE LATEST<br>PUN & PUMP<br>TUNES                | IMPROVES HEART & LUNG FITNESS<br>IMPROVES AGILITY<br>& COORDINATION<br>INCREASES STRENGTH<br>& ENDURANCE          |
|   | <b>BODYVIVE™</b>                   | A LOW-IMPACT WORKOUT FOR THE WHOLE BODY THAT WILL GET YOUR CORE WORKING HARDER, FOR A LEANER, STRONGER YOU, FOR. ALWAYS.                    | 55<br>MINUTES | CARDIO, BALANCE<br>& MOBILITY<br>RESISTANCE<br>& CORE WORK | LOW TO<br>MODERATE<br>INTENSITY  | AVERAGE OF<br><b>420</b><br>CALORIES | RESISTANCE<br>TUBE & BALL                        | THE BEST<br>MUSIC FROM<br>THE 70s, 80s<br>& 90s  | IMPROVES HEART<br>& LUNG FITNESS<br>TONES & SHAPES<br>INCREASES SENSE OF ENERGY<br>REDUCES STRESS                 |
|  | <b>BODYJAM™</b>                    | FUELED BY STREET CULTURE, A DANCE AND CARDIO WORKOUT THAT WILL LEAVE YOU FEELING WINNERS. EXPRESS YOURSELF.                                 | 55<br>MINUTES | DANCE-INSPIRED<br>CARDIO                                   | MODERATE<br>INTENSITY            | AVERAGE OF<br><b>530</b><br>CALORIES | N/A                                              | THE HOTTEST<br>NEW SOUNDS                        | BURNS CALORIES<br>TONES & SHAPES<br>DEVELOPS SELF-EXPRESSION<br>IMPROVES COORDINATION                             |
|  | <b>SH'BAM™</b>                     | OUT THERE TO THE HOTTEST NEW WORKOUT WITH TUBE MOVES AND GROOVE TUNES. FREE YOURSELF.                                                       | 45<br>MINUTES | DANCE-INSPIRED<br>CARDIO                                   | MODERATE<br>INTENSITY            | AVERAGE OF<br><b>510</b><br>CALORIES | N/A                                              | CHART<br>TOPPED HITS<br>& REMIXED<br>BAMS        | BURNS CALORIES<br>TONES & SHAPES<br>DEVELOPS SELF-EXPRESSION<br>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<br>MINUTES | CORE STRENGTH<br>TRAINING                                  | MODERATE<br>TO HIGH<br>INTENSITY | AVERAGE OF<br><b>210</b><br>CALORIES | RESISTANCE<br>TUBE                               | GLAMOROUS<br>TOP-40 & CURRENT<br>HITS            | TIGHTENS & TONES<br>CORE MUSCLES<br>IMPROVES FUNCTIONAL<br>STRENGTH FOR BALANCE<br>AGILITY & INJURY<br>PREVENTION |

# Les Mills Grit Instructor Program Manual

**United States. Environmental  
Protection Agency**



## **Les Mills Grit Instructor Program Manual:**

*The United States Catalog* Mary Burnham, Carol Hurd, 1928      **Timber and Wood-working Machinery** ,1906      The Northwestern Miller ,1897      Journal of Education ,1903      *EPA Publications Bibliography* United States. Environmental Protection Agency,1995      **American Agriculturist** ,1907      **The United States Catalog** ,1924      *The Sentinel* ,1915

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zuzubereiten gemüsesalat mit lachs lachs in tranchen gepaart mit rüebli und kohlrabi blumenkohlpizza der gesunde genuss  
in pizzaform blumenkohl couscous mit lachs couscous der anderen art mit blumenkohl und

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haben wir in der rezeptgalerie zu beginn des artikels zusammengestellt

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champignon rahmsoße rezept zucchini spaghetti mit linsen bolognese die kohlenhydratarne ernährung im quickcheck low  
carb ist ein typischer us trend und mittlerweile auch in deutschland weit verbreitet

