

A group of fitness instructors in a gym setting, performing a synchronized step exercise on black and red Les Mills Bodystep platforms. The instructors are wearing athletic gear; one man on the left wears a black tank top with 'SEVENTEIGHT M' on it, and two women in the center and right wear grey and red tops. They are all in a low, powerful stance with arms extended forward. The background is dark and smoky.

# **LES MILLS** **BODYSTEP**

# Les Mills Body Step Manual

**Zhe Xu**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Les Mills Body Step Manual:**

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