

A group of fitness enthusiasts, including a man and two women, are performing a synchronized step exercise on black and red Les Mills step platforms. They are all in a low, athletic stance with their arms extended forward. The background is a dark, smoky studio setting. The text 'LES MILLS' is overlaid in white and 'BODYSTEP' in large teal letters.

LES MILLS **BODYSTEP**

Les Mills Body Step Manual

Michal Rosen-Zvi

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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