

THE NEW WORKOUT OF THE DECADE



LES MILLS
BODYPUMP
HEAVY

BODYPUMP HEAVY™ is tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else. Drawing on traditional lifting techniques, this powerful class challenges strength, builds lean muscle, and drives measurable performance gains. It's simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique. Driven by iconic music and group energy, it turns lifting into a fun, social, and addictive experience. Every session floods your system with feelings of confidence and vitality – it's challenging, energizing, and keeps you coming back for more. This is the new workout of the decade.

STRONG

CONFIDENT

ADDICTIVE