



WE ARE
1000
14—JANUARY¹⁷
STRONG

BODYPUMP100 Instructor Kit social tiles

ENGLISH

YOU ARE THE BEATING HEART

It's finally here! Your very own BODYPUMP100 Instructor Kit. So why not brag about it a little?

To get you started, we've included in your kit some EXCLUSIVE social media images for you to use. You are the beating heart of Les Mills, so celebrate being one of the first to receive a BODYPUMP100 instructor kit and get posting!

The number images are to countdown to your BODYPUMP100 global release event on January 14 e.g. I'm counting down to #BODYPUMP100. x weeks/days to go! And the others are for you to use however you like - maybe you want to share how BODYPUMP has made you stronger, what has made you 100 Strong, or what track you love the most?

We'd love for you to join the wider conversation by also using #BODYPUMP100.

Our beat will be stronger together.

SOCIAL TILES ON YOUR KIT

