

Les Mills Lab: BODYJAM Research



Introduction

The purpose of this study was to determine the exercise intensity and energy expenditure of a BODYJAM™ class in relation to accepted exercise guidelines for improving cardiorespiratory fitness and positively affecting body composition.

Method

The research team recruited 19 healthy women between the ages of 18 and 22 years. All had experience with aerobic dance.

Prior to beginning the study, each participant performed a maximal graded exercise test on a treadmill to determine maximal heart rate (HRmax) and maximal oxygen uptake (VO2max).

Each participant then practiced the BODYJAM session at least three times. Once the research team deemed they were proficient, the participants completed a full 55-minute class by following along to a BODYJAM masterclass video. Each session included at least four participants exercising together to achieve the “group effect”.

Heart rate was recorded continuously throughout the workout and a rating of perceived exertion was taken after the warm-up, every three to five minutes during the workout and after the cool-down, using a 6-to-20 point scale.

The heart rates at each minute of the session were used to calculate oxygen uptake and energy expenditure.

Results

The average heart rate during the class was 139 ± 6.59 bpm, while the average % of heart rate max was $73 \pm 3.5\%$.

The average VO2max was $52 \pm 6.6\%$. The average energy expenditure during the session was 7.1 ± 1.57 kcal/min and the number of calories expended during the 55-minute workout averaged 393 ± 86.4 kcal. The average rate of perceived exertion for the entire BODYJAM class was 11.1 ± 1.36 . Excluding the warm-up and cool-down, the average for the workout portion of the class was 11.5 ± 1.91 .

Conclusion

To improve cardiorespiratory fitness, exercise guidelines recommend that an individual exercise at a moderate-to-vigorous intensity of 64 to 95% of their max heart rate or 46 to 90% of VO2max. The current study found that participants were exercising at an average of 73% of HRmax and 52% of VO2max, which fall within the moderate-intensity range (i.e., 64 to 76% of HRmax and 46 to 63% of VO2max).

In terms of energy expenditure, it is recommended that individuals expend 1,200 to 2,000 kcal per week (240 to 400 kcal per exercise session) to positively affect body composition. The participants in this study expended an average of 393 kcal during the 55-minute class. This indicates that BODYJAM™ could be used as an effective workout for weight management.

In summary, BODYJAM meets recommended intensity guidelines for exercise programming and is an effective workout for improving cardiorespiratory fitness, as well as for weight loss and weight maintenance. Therefore, it could be a viable option for individuals looking for an alternative to traditional aerobic exercise training or something new to add to their routines.

Access to the published report can be found [here](#).