

レギュラープログラム			イベントプログラム			
強度 レベル	Body Burn シリーズ		Body Shape シリーズ			
	Waist	Back & Arm	Leg	BSW / BSWi	BSB / BSBi	BSL
10	BB3 REGG1					
10	BB3 HOUS3	BB3 SOUL1	BB3 HH2			
	BB3 WORLD1					
9	BB3 HH1	BB3 HOUS1				
9	BB3 ROCK1	BB3 ROCK2			BSBi HOUS1	
	BB3 HOUS2					
8	BB2 HOUS3	BB3 UPGD1				
	SKRILLEX	BB3 Comp1	BB2 METAL1			
	BB2 ROCK2					
7	BEERCYCLE					
	BB2 JAZZ1					
	BB2 HIT18	BB290's2				
6	BB2 HH2	BB2 DEEP1	BB2 METAL2			
	BB2 REGG2	BB2 DEEP2	BB2 DEEP3			
	BB2 UPGD1					
	BB2 HIT19	BB2 UPGD2	BB2 HBHC			
	BB290s1	BB2 MLN3				
5	BB2 MLN2		BB2 EDSR			
	BB2 REGG1	BB2 HIT22	BB2 COMP3			
	BB2 COMP1	BB210s1	BB2 RDMC			
	BB2 HIT20					
	BB2 HOUS1					
4	BB2 COMP2	BB2 COMP5	BB2 SOUL2			
	BB2 HIT21		BB2 RHCP			
	BB2 ROCK1	BB2 HOUS4	BB2 JMCF			
	BB2 MLN1	BB2 SOUL1				
	BB2 HOUS2	BB2 HH1				
3	BB2 COMP4	BB1 HOUS1				
		BB1 DVGT				
	BB1 QUEEN	BB1 COMP3				
	BB110s1	BB1 HIT11				
2	BB1 COMP2	BB1 COMP4				
	BB1 HIT10	BB1 COMP1				
1	BB190's					
網掛けはスタジオ提供無し (ANYWHEREのみ)						

注意事項：この強度評価表は各種情報を総合して MORE BRILLIANTのオーサーが独自に作成したもので、强度評価の精度については保証できません。このファイルはご本人の責任においてご活用ください。

10

BB3 HIT1 BB3 HIT3  
BB3 HIT4 BB3 HIT5

9

BB3 HIT2 BB3 HIT6  
BB2 2018 BB2 2017

8

BB2 2016 BB2 ARGD BSL HIT6  
BB2 EDM BB2 BM1 BSB HIT5

7

BSL HIT5 BB2 2019 BB2 HIT11 BB2 HIT16  
BB2 DVGT BB2 P!NK BB2 Sigala

6

BB2 FLG BB2 QUEEN BB2 SUMR2  
BSL HIT4 BB2 Xmas3

5

BB2 HIT12 BB2 HIT15 BB2 BRMS  
BB2 Avicii BB2 GRDY

BB2 JONAS BB2 MJ2 BB2 BTLS3  
BB2 ZEDD BB2 MOVIE2

BSW HIT4

4

BB2 HIT13 BB2 BTLS1,2,3 BSB HIT3  
BB2 RHNA BB2 JUSTIN BB2 MOVIE1

4

BB2 HIT17 BSW HIT6 BSB HIT4  
BB2 MJ1 BB2 MTGX BSL HIT7

3

BB2 PTX BB2 SUMR1 BB2 Xmas1,2  
BB2 HIT1~10 BB2 HIT14 BB23Y1,2

3

BB2 BRJ BB2 MDNA1 BB2 MJ3  
BB2 QOP1 BSB HIT1,2 BSW HIT3,5

BSW HIT1,2

3

BB1 HIT5 BB1 HIT9  
BB1 TSFT BB1 HIT1~4 BB1 HIT6~8

2