

AEROBIC STEP Exercises



UPPER BODY

| | | | | |
|---|--|---|---|---|
|  Decline Push-up |  Incline Push-up |  Stacked Push-up |  Pike Push-up |  Pige Bench Top Push-up |
|  Chest Fly |  Chest Press |  Plank with Rotation |  Triceps Dip |  Plank Rotation with Kick |

BACK

| | | | | |
|--|---|--|--|---|
|  Dumbbell Pull-over |  Superman |  Plank Dumbbell Row |  Swimmer |  T Raises |
|--|---|--|--|---|

CORE

| | | | | |
|---|--|---|--|--|
|  Elevated Bicycle Crunch |  Leg Pull In |  Lying Leg Raise |  V Up |  Scissor Kick |
|  Plank Step Jack |  Step Squat |  Hip Rollers |  Incline Plank |  Feet Elevated Plank |

LOWER BODY

| | | | | |
|--|--|---|--|---|
|  Single Leg Glute Bridge |  Step-Aerobic Split Squat |  Single Leg Squat |  Box Jump |  Step Up |
|  Squat Pop Over |  Box Toe Tap |  Squat Step On |  Squat Squat |  Calf Raise |

TOTAL BODY

| | | | |
|---|--|---|--|
|  Hoop Over |  Downward Dog Crunch |  Feet Elevated Mountain Climbers |  Surge |
|---|--|---|--|

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J Rink



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