

# maxed

## AEROBIC STEPPER WORKOUT CHART

The Aerobic Stepper is a perfect addition to your home workout with adjustable height levels. Suitable for all abilities and fitness levels.

SUITABLE FOR



STRENGTH



BALANCE



FLEXIBILITY



TONING

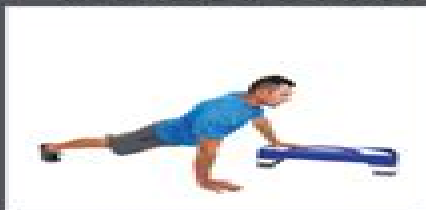


CORE



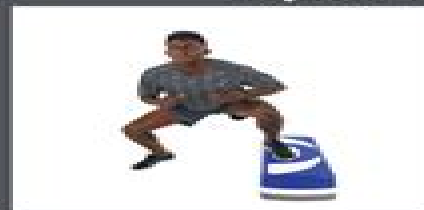
CARDIO

### OFF SET PUSH-UP CROSSOVER



DO 4 REPS AND COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

### SQUAT POP-OVER



EXERCISE POP-OVER MOTION AS PER IMAGE FOR ONE MINUTE AND COMPLETE 2 SETS. ADD 20 SEC TO EACH REP. EACH WEEK. 30 SEC REST BETWEEN SETS.

### FORWARD SQUAT



DO 8 REPS AND COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

### FORWARD JUMP DOWN SQUAT



EXERCISE SQUAT MOTION AS PER IMAGE FOR ONE MINUTE AND COMPLETE 2 SETS. ADD 20 SEC TO EACH REP. EACH WEEK. 30 SEC REST BETWEEN SETS.

### SPEED STEP



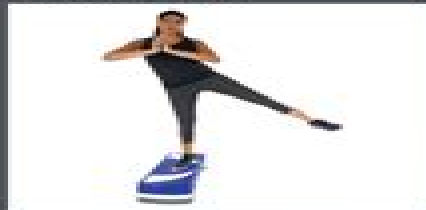
EXERCISE STEPPING MOTION AS PER IMAGE FOR ONE MINUTE AND COMPLETE 2 SETS. ADD 20 SEC TO EACH REP. EACH WEEK. 30 SEC REST BETWEEN SETS.

### DIPS



DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

### LATERAL LEG RAISE



DO 6 REPS AND COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

### MOUNTAIN CLIMBER



DO 8 REPS AND COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

# Step By Step Guide To Home Workout Routine Software Alternatives With

**DJ Losen**



**Step By Step Guide To Home Workout Routine Software Alternatives With:**

*Resources in Education* ,1997-04    The Video Source Book David J. WEINER,1990    **The Software Encyclopedia** 2001 ,2001    **Library Journal** ,2002    **Journal of the American Dietetic Association** ,1999    *Small Business Sourcebook* ,2010    The Library Journal ,1999 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

**Computerworld** ,1979-12-03 For more than 40 years Computerworld has been the leading source of technology news and information for IT influencers worldwide Computerworld s award winning Web site Computerworld com twice monthly publication focused conference series and custom research form the hub of the world s largest global IT media network

**Bowker's Complete Video Directory** ,2000    **In Business** ,1991    Series 80 Software Catalog Hewlett-Packard Company,1984    **Directory Information Service** ,1988 An annotated guide to business and industrial directories professional and scientific rosters and other lists and guides of all kinds    *Science Books & Films* ,1980    **Current Index to Journals in Education** ,1987    **Guide to American Directories** ,1994    *Resources in Education* ,1997

Entrepreneur ,1994    Business Mini/micro Software Directory ,1985    Government Reports Annual Index ,1985

**New Accountant** ,1985

## Unveiling the Magic of Words: A Report on "**Step By Step Guide To Home Workout Routine Software Alternatives With**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Step By Step Guide To Home Workout Routine Software Alternatives With**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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