

# 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

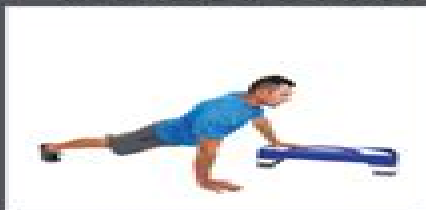


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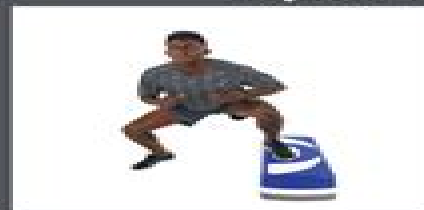
CARDIO

### 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



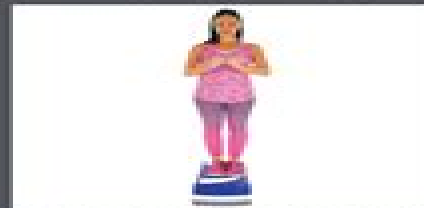
EXERCISE POP-OVER MOTION AS PER IMAGE FOR ONE MINUTE AND COMPLETE 2 SETS. ADD 20 SEC TO EACH REP. EACH WEEK. 30 SEC REST BETWEEN SETS.

### 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



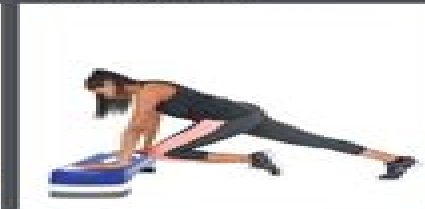
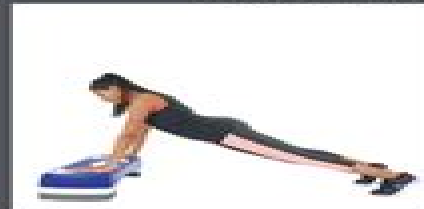
DO 4 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

### 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.

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**Nicole Smith**



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