

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
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CORE

 Elevated Bicycle Crunch	 Leg Pull In	 Lying Leg Raise	 V-Up	 Scissor Kick
 Plank Step Jacks	 Step Snaps	 Hip Rollers	 Incline Plank	 Feet Elevated Plank

LOWER BODY

 Single Leg Glute Bridge	 Bulgarian Split Squat	 Single Leg Squat	 Box Jump	 Step Up
 Squat Pop Over	 Box Toe Taps	 Squat Step On	 Bunny Squat	 Calf Raise

TOTAL BODY

 Hoop Overs	 Downward Dog Crunch	 Feet Elevated Mountain Climbers	 Surfer
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Workout Routine Automation Tools Organically Step By Step Guide To Home

JR Anderson



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