

# AEROBIC STEP Exercises



## UPPER BODY

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

## BACK

|  |   |  |  |   |
|--|---|--|--|---|
| <br>Dumbbell Pull-over | <br>Superman | <br>Plank Dumbbell Row | <br>Swimmer | <br>T Raises |
|--|---|--|--|---|

## CORE

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

## LOWER BODY

|  |  |   |  |   |
|--|--|---|--|---|
| <br>Single Leg Glute Bridge | <br>Single Leg Squat | <br>Single Leg Lunge | <br>Box Jump     | <br>Step Up     |
| <br>Squat Pop Over         | <br>Box Toe Tap     | <br>Squat Step On   | <br>Squat Squat | <br>Calf Raise |

## TOTAL BODY

|  |  |   |  |
|--|--|---|--|
| <br>Hug Over | <br>Downward Dog Crunch | <br>Feet Elevated Mountain Climbers | <br>Surge |
|--|--|---|--|

# Templates That Actually Works Step By Step Guide To Home Workout Routine

**Ahmad Hashem, Steve Johnson**

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