

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

# Step Guide To Home Workout Routine For Remote Workers Step By Step Guide

**G Orfield**



## **Step Guide To Home Workout Routine For Remote Workers Step By Step Guide:**

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## Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Step Guide To Home Workout Routine For Remote Workers Step By Step Guide**

In some sort of inundated with screens and the cacophony of quick interaction, the profound power and psychological resonance of verbal artistry frequently fade into obscurity, eclipsed by the constant assault of noise and distractions. However, located within the musical pages of **Step Guide To Home Workout Routine For Remote Workers Step By Step Guide**, a charming work of literary beauty that impulses with fresh emotions, lies an wonderful journey waiting to be embarked upon. Composed by a virtuoso wordsmith, that enchanting opus books readers on a mental odyssey, gently exposing the latent potential and profound influence stuck within the complicated internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is central themes, dissect its fascinating writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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