

# 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 Jack	 Step Squat	 Hip Rollers	 Incline Plank	 Feet Elevated Plank

## LOWER BODY

 Single Leg Glute Bridge	 Single Leg Squat	 Single Leg Squat	 Box Jump	 Step Up
 Squat Pop Over	 Box Toe Tap	 Squat Step On	 Squat Squat	 Calf Raise

## TOTAL BODY

 Hoop Over	 Downward Dog Crunch	 Feet Elevated Mountain Climbers	 Burpee
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# Step By Step Guide To Home Workout Routine Case Study Examples That

**KJ Lindholm-Leary**



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