

# 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

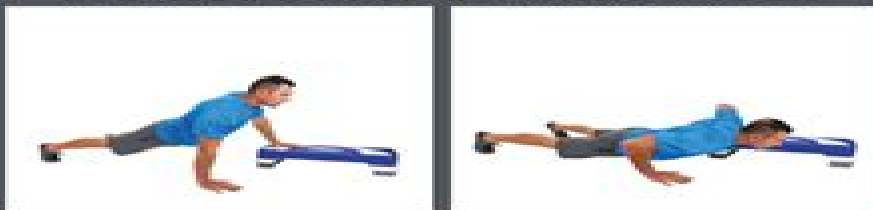


CORE



CARDIO

### OFF SET PUSH-UP CROSSOVER



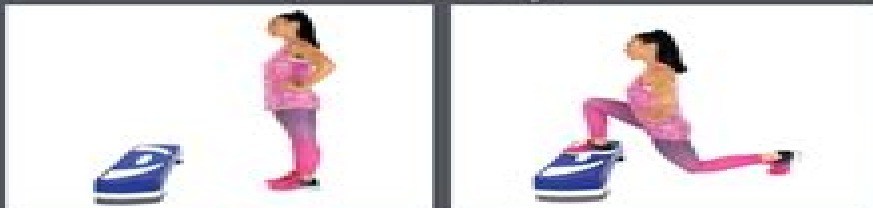
DO 4 REPS AND COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

### 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



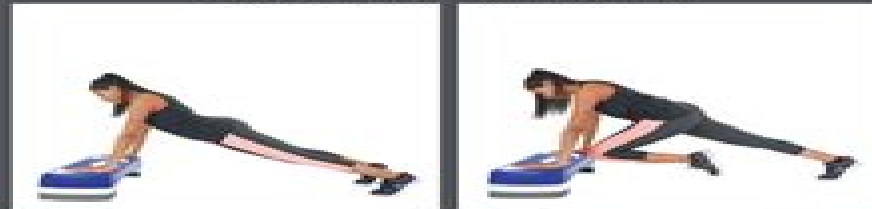
DO 4 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

### LATERAL LEG RAISE



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

### MOUNTAIN CLIMBER



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

# Owners Step By Step Guide To Home Workout Routine For Stay At Home

**R Sandford**



## **Owners Step By Step Guide To Home Workout Routine For Stay At Home:**

Eventually, you will agreed discover a further experience and talent by spending more cash. still when? complete you say yes that you require to get those all needs later than having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to understand even more in relation to the globe, experience, some places, next history, amusement, and a lot more?

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