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AEROBIC STEPPER WORKOUT CHART

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BALANCE



FLEXIBILITY



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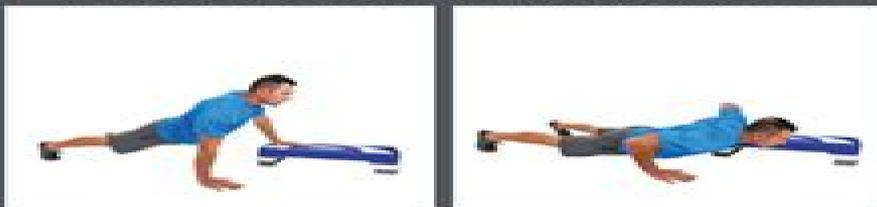


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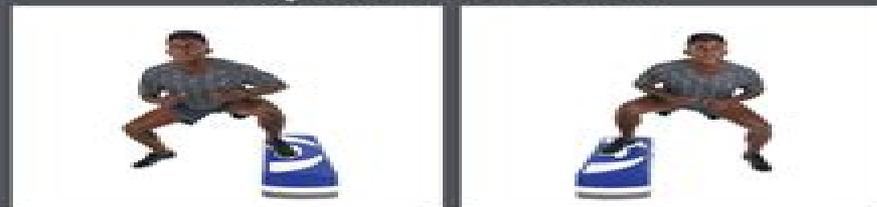
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OFF SET PUSH-UP CROSSOVER



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.

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

Sean Graham



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In a global inundated with displays and the cacophony of fast connection, the profound energy and mental resonance of verbal beauty often diminish in to obscurity, eclipsed by the constant onslaught of sound and distractions. However, situated within the lyrical pages of **Step Guide To Home Workout Routine For Remote Workers Step By Step Guide**, a captivating work of literary beauty that impulses with natural feelings, lies an unique journey waiting to be embarked upon. Penned with a virtuoso wordsmith, this mesmerizing opus guides visitors on a mental odyssey, gently revealing the latent potential and profound influence stuck within the delicate internet of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is central styles, dissect its interesting publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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