

30 MINUTES

# STEP WORKOUT

128 BPM // INTERMEDIATE-ADVANCED



#266

# Adidasize Step Aerobics

**Karen S. Mazzeo**



## **Adidasize Step Aerobics:**

*Video Source Book* Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction *Video Source Book* ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction *Shape* ,1993 **Tragediia sovetskoi derevni** ,1999 **Signpost for Northwest Trails** ,1995 **Step**

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Complete Guide to Step Aerobics Dawn Brown,1992 **Step Training** Sabra Bonelli,2000 Fitness Through Aerobics and Step Training Karen S. Mazzeo,2002 FITNESS THROUGH AEROBICS AND STEP TRAINING has been thoroughly updated in this third edition Its easy to follow sequential learning order provides methods to achieve total fitness goals Students are able to easily understand the principles and techniques of aerobic dance exercise step training and fitness walking and will be able to structure a complete physical and mental training program that can work for a lifetime

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**Step Into Shape** Lynne Brick, Consumer Guide, Consumer Guide Editors, 1992-08-01 A guide to interval training presents aerobic exercises to strengthen the heart strengthening exercises to sculpt muscles upper and lower body workouts step by step photographs and more Original

*Step Training Plus* Lauren M. Mangili,1999      **Fitness Through Aerobics & Step Training, Instructor's Manual**  
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