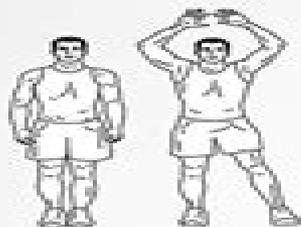


CARDIO

STEP

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 step jacks



20 march jacks



20 step side jacks



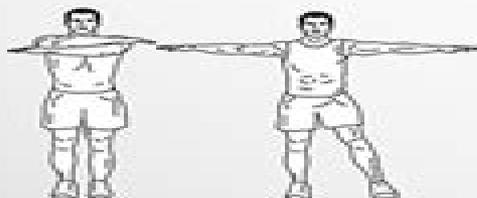
20 side-to-side steps



20 alternating steps back



20 step side jacks



20 step arm extensions



20 cross step arm extensions



20 step side jacks

Routine With Free Tools Step By Step Guide To Home Workout Routine

**Edward Jewitt Wheeler, Isaac Kaufman
Funk, William Seaver Woods**

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Optimal Physical Activity across the Lifespan for People of All Abilities Ronald F. Zernicke ,David Arthur Hart, Humans evolved to be mobile within the boundary conditions of Earth and many biological and physiologic systems depend on mechanical loading to maintain integrity during growth and maturation during skeletal maturity and during the aging process These systems subscribe to the use it or lose it principle and thus require continual use to maintain integrity Given that premise considerable basic and clinical research efforts have been directed at optimizing the effectiveness and positive impact of exercise on sports performance and the well being of those with intact systems However those with disabilities or compromised abilities also benefit from exercise protocols and there exists a need to focus attention on these populations as well Given the myriad of biological and physiological systems that benefit from exercise and mechanical loading there is a need for all humans of varying abilities to not only maintain the integrity of their health but to attempt to optimize it recognizing that optimizing each person s health across the stages of the life cycle may require different exercise protocols dependent on stage of life sex genetics and other individualized variables For those with physical disabilities embracing and maintaining such exercise protocols may be challenging but expanded research translation of findings and integration of the outcomes into everyday life to enhance the health and well being of this significant population are needed going forward

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