

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 8 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

Chao Zhang



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Paperbound Books in Print ,1992 *The World's Work* ,1930 A history of our time ERIC Educational Documents
Index, 1966-69: Minor descriptors and author index ,1970 **Popular Science** ,1992 **Vocational Rehabilitation**
Index ,1977 **School Music** ,1928 **Farm and Ranch Safety Guide** ,1973 *Youth's Companion* ,1916 **Popular**
Science Monthly ,1927 **Documentation Abstracts** ,1985 Trade Policy Review ,2021 **Collier's** ,1908
Bulletin of the Medical Library Association Medical Library Association,1997 **Subject Guide to Books in Print**
,1984 Scientific American ,1929 *American Illustrated Magazine* ,1923

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