

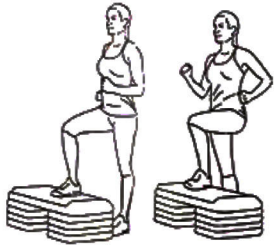
## AEROBIC STEP PLATFORM

### 1 BASIC STEP

**START:** Place your right foot on the stepper.

**END:** Press through right heel as you step on the stepper, bringing left foot to meet right foot.

Return to the starting position. Repeat.



### 2 SQUAT JUMP

**START:** Get into a squat with feet shoulder-width apart & toes pointed forward.

**END:** Jump up on the step & land with knees bent.

Jump back down with knees bent. Repeat.



### 3 BULGARIAN SPLIT SQUAT

**START:** Stand in front of a step & extend your right leg back. Place foot on the step & your hands on hips.

**END:** Bend knees to lower your body as far as you can, keeping shoulders, back & chest up. Return to start. Repeat.



### 4 SQUAT POP-OVER

**START:** Squat with your right foot on the floor & your left foot on the step, left-hand fingers lightly touching the step.

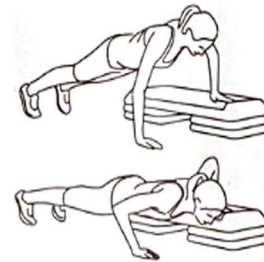
**END:** Leap into the air, landing with left foot on the opposite side, your right foot & hand on the step. Return to start. Repeat.



### 5 OFFSET-PUSHUP CROSSOVER

**START:** Get into a pushup position with left hand on the step & right hand on the floor. Do a pushup.

**END:** Walk hands over the step until your right hand is on the step & your left is on the floor & do another pushup. Repeat.



### 6 DECLINE MOUNTAIN CLIMBER

**START:** Get into a pushup position with your feet on the step & your hands planted shoulder-width apart on the floor.

**END:** Lift your right foot off the step and slowly draw your right knee toward chest. Return to start. Repeat.

