

Workout Tips

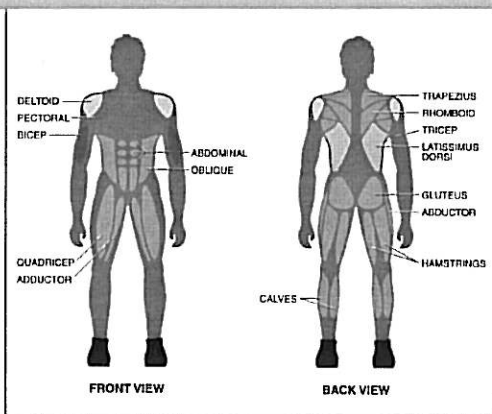


BEFORE YOU BEGIN!

- Always consult a physician prior to beginning any exercise program.
- Always warm up and stretch before and after each workout.
- Breathe normally during the entire workout.
- Use slow, controlled movements.
- Follow the illustrated instructions, paying attention to the correct body positioning and maintaining good posture at all times.
- Try to perform each exercise 8 to 12 times, which represents one set. Work up to 3 sets for each exercise, resting for 60 to 90 seconds between sets.
- Always keep your knees and elbows slightly bent. Avoid hyperextending or locking your joints.
- Be sure to increase your fluid intake whenever you increase your physical activity - before, during and after a workout. Eight glasses per day is not enough if you are physically active.

IMPORTANT: EXERCISE SHOULD NOT BE PAINFUL. IF YOU FEEL ANY PAIN, STOP EXERCISING AND CONSULT YOUR PHYSICIAN.

Aerobic Step Workout Guide



CROSSOVER SQUAT & PULL-BACK

Works thighs, calves, glutes, chest, shoulders, back

1. Stand about 2 feet away from Aerobic Step, holding 3 or 5 lb. dumbbells. Cross your right leg over your left and place your right foot on top of the Step, pointing both feet forward.
2. Standing tall, bend your elbows slightly and squeeze your shoulder blades together. Squat down, crossing your arms in front of your body.
3. Stand up to return to starting position and repeat.



Do 15 reps. Rest for 30 seconds; switch sides and repeat. Do 1 to 3 sets per side.

BICEPS & TRICEPS

Works legs, glutes.

1. Stand with your feet hip width apart, arms at sides. Step forward with your right foot placing it on the Aerobic Step. Bend your right knee 90 degrees. Keep your knee aligned with your ankle.



2. Straighten legs, keeping your feet planted. Bend knees and repeat.

Do 10 to 12 reps per side.

UNILATERAL PUSH-UPS

Works shoulders, back, chest, triceps, core



1. Get into a full push-up position with your left hand on top of Aerobic Step and your right hand on floor.

2. Bend elbows and lower chest toward floor. Push back up.



3. Cross your right hand over your left and place it on the Step, moving your left hand to the floor on opposite side. Do another push-up.

Do 12 to 15 reps, switching sides with each rep. Rest for 30 to 60 seconds, then do another set.

SUPERMAN ABS

Works abs, glutes, lower back.



1. Get into a full push-up position with hands on the floor and toes on the Aerobic Step. Simultaneously lift your left arm and right leg, keeping abs tight.

2. Switch sides and repeat.

Do 4 reps per side; 1 to 3 sets total.

CURL & STAND

Works abs, shoulders & thighs.



1. Lie face up on Aerobic Step, holding a medium-weight dumbbell horizontally across your chest. Keep your elbows close to your body.

2. Curl up to sitting position, then stand all the way up, pressing dumbbell overhead.

3. Sit back on Step and roll down to starting position.

Do 5 to 12 reps; 1 to 3 sets total.

Variation: This exercise can also be done without dumbbell.

