CARDIO STEP

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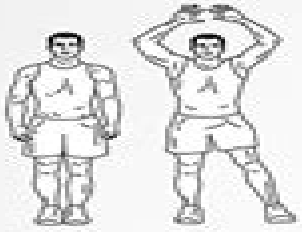
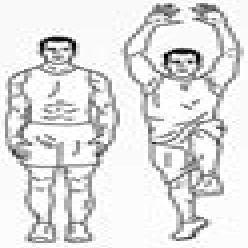
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes

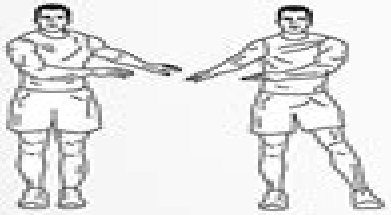


20 step jacks

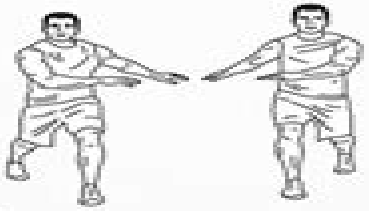


20 march jacks

20 step side jacks

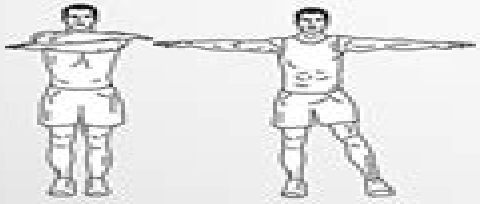


20 side-to-side steps

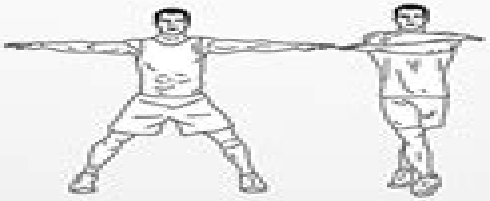


20 alternating steps back

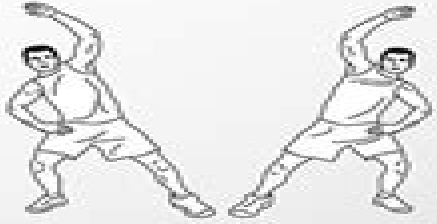
20 step side jacks



20 step arm extensions



20 cross step arm extensions



20 step side jacks

Step Workout

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