

STAIR STEPPER WORKOUT

PORTION	LEVEL	MOVE	TIME	FEELING
WARM-UP	3	SINGLE STEP	2 MINUTE	EASY
	4	SINGLE STEP	1 MINUTE	EASY
	5	SINGLE STEP	1 MINUTE	LESS EASY
WORKOUT	8	SINGLE STEP	1 MINUTE	MODERATE
	10	SINGLE STEP	1 MINUTE	HARDER
	8	SKIP STEP	2 MINUTES	MODERATE
	12	SINGLE STEP	1 MINUTE	HARD
	8	SKIP STEP	2 MINUTES	MODERATE
	10	SINGLE STEP	1 MINUTE	HARDER
	12	SINGLE STEP	1 MINUTE	HARD
	8	SKIP STEP	3 MINUTES	MODERATE
COOLDOWN	5	SINGLE STEP	2 MINUTE	EASIER
	4	SINGLE STEP	1 MINUTE	EASY
	3	SINGLE STEP	1 MINUTE	EASY

Top Home Workout Step Plan

Xiang Xie



Top Home Workout Step Plan:

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web aug 24 2023 Để giúp các bố mẹ không bị tẩu hỏa nhập ma trong vô vàn các nguồn tài liệu ôn thi lấy chứng chỉ pet trong bài viết này bmyc sẽ gợi ý cho bạn top 9 bộ tài liệu ôn thi chứng chỉ pet hay nhất 2023 giúp con ôn thi sao cho hiệu quả và ít tốn kém nhất