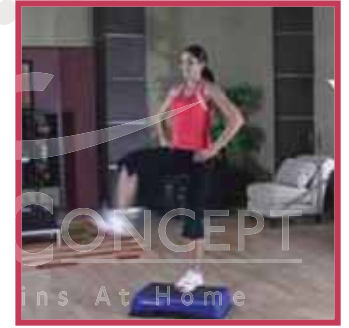
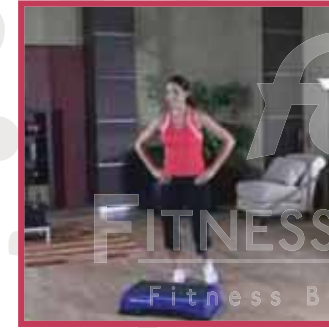


Step Board

WORKOUT CHART



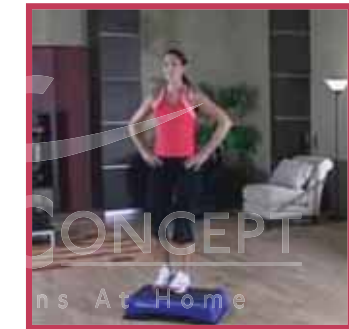
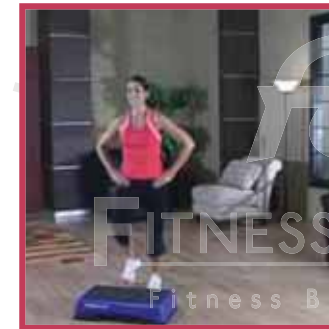
1. Alternating Kicks



2. Alternating Knee Lifts



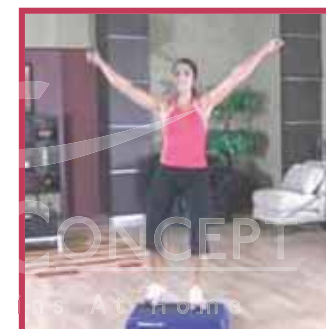
3. Alternating Lunges



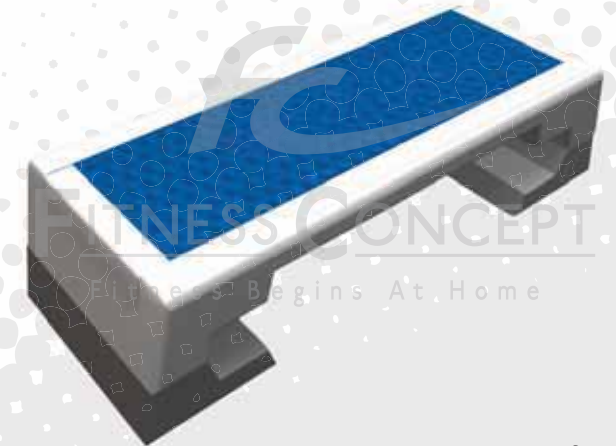
4. Step Deck Side Squats



5. Side Squats



6. Y Step



As with any exercise program, consult your physician before you begin.

For more exercise, visit www.ifit.com
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