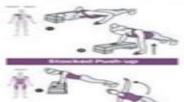
## AEROBIC STEP Exercises



#### UPPER BODY





















CORE











LOWER BODY











TOTAL BODY



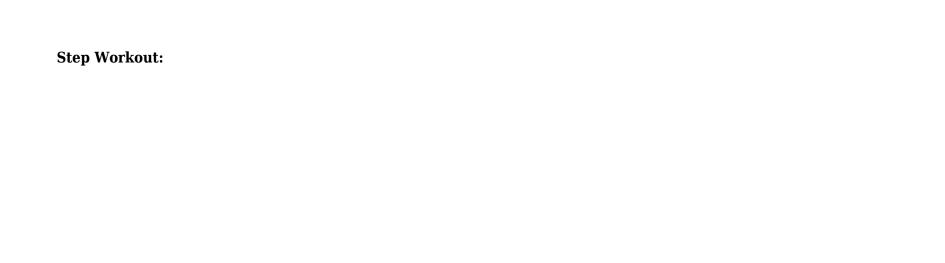






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**Yi-Tong Ma** 



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