





AEROSTEP-XL



<p>STANDING POSITION</p> 	<ol style="list-style-type: none"> 1. SQUAT 2. SIDE SQUAT 3. LUNGE FRONT 4. LUNGE BACK 5. HIP EXTENSIONS UNILATERAL 6. KNEE LIFTS 7. JUMPS 	<p>OBSERVATIONS</p>
<p>SUPINE POSITION</p> 	<ol style="list-style-type: none"> 1. HUNGERD 2. CRUNCHES (INCLINE/DECLINE) 3. SCISSORS (DECLINE) 4. REVERSE CRUNCH (DECLINE) 5. ROLL OVER (DECLINE) 6. HORIZONTAL ADDUCTION AND CIRCULATION OF ARMS (DECLINE-BRIDGE POSITION) 	<p>OBSERVATIONS</p>
<p>SUPINE-BRIDGE POSITION</p> 	<ol style="list-style-type: none"> 1. HIP FLEXION/EXTENSION 2. KNEE FLEXION/EXTENSION 3. ONE LEG BALNCE 4. ARM BALANCE 	<p>OBSERVATIONS</p>
<p>PRONE POSITION</p> 	<ol style="list-style-type: none"> 1. HIP EXTENSIONS 2. STRETCHING DOG 3. HORIZONTAL ABDUCTION OF ARMS/ TRUNK ROTACION 4. BACK HYPEREXTENSIONS 5. STRETCHING 	<p>OBSERVATIONS</p>



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<p>KNEELING POSITION 1</p> 	<ol style="list-style-type: none"> 1. STRETCHING DOG 2. HIP EXTENSIONS 3. PUSH UPS/ HORIZONTAL ABDUCTION OF ARMS (UNILATERAL+ STONIES) 4. STRETCHING 	<p>OBSERVATIONS</p>
<p>KEELING POSITION 2</p> 	<ol style="list-style-type: none"> 1. ARM/FOREARM EXTENSIONS/FLEXIONS 2. KNEE EXTENSIONS/FLEXIONES 3. PLANCK 4. PUSH UPS (VARIATIONS) 5. STRETCHING 	<p>OBSERVATIONS</p>
<p>LATERAL POSITION</p> 	<ol style="list-style-type: none"> 1. LATERAL CRUNCHES 2. LATERALTRUNK FLEXION 3. ABDUCTION & EXTERNAL ARM ROTATION 4. HIP ABDUCTION 5. COMBINACION 2. & 3. 6. HIP ADUCTION 7. LATERALES LEG LIFTS 8. STRETCHING 	<p>OBSERVATIONS</p>
<p>SEATED POSITION</p> 	<ol style="list-style-type: none"> 1. SINGLE LEG KICK 2. DOUBLE LEG STRETCH 3. KAYAK 4. TEASER 5. TRUNK ROTATION 	<p>OBSERVATIONS</p>

