





# AEROSTEP-XL



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



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

