

# TROJAN™ AEROBIC STEP

DECLINE PUSH-UP



PUSH-UP



ONE LEG DECLINE PUSH-UP



RAISED LEG PUSH-UP



STEP LUNGE



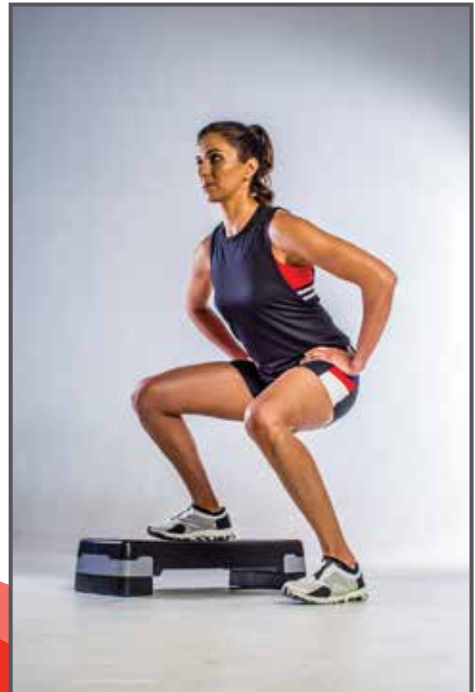
STEP LUNGE



BOX TAP



STEP SQUAT



# EXERCISES

CARDIO 