

Complete Guide To Step Aerobics (Jones And Bartlett Series In Health Sciences) By Dawn Brown

By Dawn Brown

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Bring the gym to your home with Gold's Gym Aerobic Step. It provides a low-impact, high-intensity cardio workout for your abs, glutes, hamstrings, chest and back.

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A step-by-step guide by Gin Miller, the creator of step aerobics, this workout is designed to introduce the basic foot patterns of step training.