Aerobics Steps

Basic Step

- same as above can be done leading with left foot

Tap Up

- same as above can be done leading with left foot

V-Step

- same can be done leading with left first

Turn Step

A-Step

- can also be done behind the stepper like V-step
L-Step
- either with knee kick or tap

Repeater
- can also be repeated on the other side

Corner to Corner

T-Step

For more steps, have a look at:

http://www.turnstep.com/moves.html
http://www.stepcenter.com/
Arm Movements

1. Bicep Curls
   - Elbows should be at the side of the trunk with the palms of the hand facing upward. Bring the hands toward the chest by flexing the elbow and return them to the side of the trunk.
   NOTE: You can change your level of intensity by bringing the arms up, instead of having the elbows at your side, bring them level with the shoulders.

2. Alternating Bicep Curls
   - Same as the movement above, but only flex/extend one arm at a time.

4. Tricep Kickbacks
   - Arms should be at your side with the elbows slightly bent and behind the shoulders. Your hands next to your trunk with your palms facing the body. Extend the elbow back and then return to your starting position. This movement can be done by pressing both arms back at the same time or alternating back and forth.

5. Low Row
   - Arms are in front of the body, pull the elbows in toward the waist until the hands are next to the waist and then return the arms to the front of the body.

6. Upright Row
   - Fists should be together next to your thighs. Bring the arms up toward your chin (keeping the fists close together and next to the body). Return the arms to their starting position.

7. Frontal Raise
   - Begin with fists on each thigh. Raise the arms to shoulder level and return to the thigh.

8. Lateral Raise
   - Fists should be together with palms touching the thighs. Lift the arms outwards and upwards with the palms facing down. Elbows should be leading this movement and should be slightly bent. Lift until the arms are slightly below shoulder level and then return them to the thigh.

9. Frontal Pull
   - Arms shoulder level, pull the arms in toward the body (so fists rest on thighs), then return them to shoulder level.
10. Overhead Pull
   - Arms are above the head, pull the arms in toward the thighs and then return them overhead.

11. Arm Circles
   - Arms are overhead or shoulder level. Circle the arms clockwise down toward the body and then back to the starting point.

12. Shoulder Punch
   - Hands are at shoulder level, punch one arm and then return to shoulder level.

13. Overhead Press
   - Fists are resting on the shoulders with the palms facing each other. Extend the arms up over the head keeping the elbows close to the ears. Lower the arms back to the shoulders. (This can be done with both arms at the same time or by alternating arms).

   - Elbows are shoulder height and they are bent. Hands are in a fist with palms facing forward. Press the arms together until the palms (and fists) are facing each other in front of your face. Return the arms to their starting position.

15. Double Side Out
   - Fists should be under the chin at chest level with the palms facing downward. Extend both arms out to the side keeping the elbows at shoulder height. Return the arms to their starting position. (This can also be done by alternating the R and L arm).

16. Slice
   - Similar to the double side out except, one arm goes up and the other goes down. This is usually done with a side lift move. The leg that lifts to the side corresponds to the arm which is down (the opposite arm goes up).