

# THE 15-MINUTE STEP-UP-TO-SEXY WORKOUT

Starting with the first move, complete as many reps as you can in 60 seconds. Proceed immediately to the next exercise without resting, and repeat. Continue until you've finished all four moves, then rest for one minute. Do three circuits two or three days a week.

## 1 OFFSET-PUSHUP CROSSOVER



## 2 SQUAT POP-OVER



## 3 BULGARIAN SPLIT SQUAT



## 4 DECLINE MOUNTAIN CLIMBER



# What Is Home Workout Step Plan For Workers

**SJ Ball**



## **What Is Home Workout Step Plan For Workers:**

**Circular - United States Department of Agriculture** United States. Department of Agriculture,1927 *Popular Science Monthly* ,1925 Practical Home Economics ,1929 The Sept issue contains the annual Teaching aids section

**County Agent's Magazine** ,1923 **Manual Training Magazine** Charles Alpheus Bennett,William Thomas Bawden,1928 *The Red Cross Bulletin* ,1917 *The New Science and Invention in Pictures* ,1923 *A Handbook of Social Work ...* Minnesota State Conference and Institute of Social Work,1929 **Employment and Training Report of**

**the President** United States. President,1971 *Verbatim Record of the Proceedings* United States. Temporary National Economic Committee,1939 *Vocational Education Magazine* ,1922 **Popular Mechanics Magazine** ,1928

Electrical Experimenter ,1928 Monthly bulletin (California. State Board of Health) v. 13, 1917-18 ,1917 **Journal of Education** ,1911 *Journal of Education* Thomas Williams Bicknell,Albert Edward Winship,Anson Wood Belding,1911

*School Education* ,1914 **Normal Instructor and Primary Plans** ,1926 *The Church School Journal* ,1920 **The World's Work** ,1923

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