

Step Aerobics

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Benefits

Step aerobics is a workout derived from aerobic dance with involvement of a step which may be elevated to increase intensity. With proper intensity, duration, and frequency, the following physiological responses may occur: a reduction in blood pressure, a reduction in resting heart rate, a decrease in total cholesterol, an increase in aerobic capacity, and an increased blood supply to muscles and joints exercised.

- See under Cardiovascular Health Benefits under General Fitness in the Fitness Encyclopedia for more benefits.

Actions

- For best results follow instructions from a certified aerobics instructor.



Position 1