

# STEP REEBOK: YO-STEP®

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## PRACTICAL

LLL= Left Lead Leg/RLL= Right Lead Leg

### ☐ SINK THE CHI!

A	LLL: Sink the Chi + V Step	1-4
B	LLL: Pet the Horse + Knee Lift 3 Times	5-16
C	RLL: 3 Pilates Leg Circles	17-24
D	LLL: Yoga Tree	25-32

Repeat RLL

### ☐ WARRIOR!

A	LLL: One Knee Lift + Revolved Warrior #1 (lead stays on)	1-8
B	LLL: Up, Up, Out, Out + Triangle (4, 4) In, In, Down, Down	9-24
C	LLL: Yoga Eagle	25-32

Repeat RLL

### ☐ ROLL THIS!

A	LLL: One knee off of the end, down, down (crossing feet)	1-4
B	Pilates Rolling like a Ball 3 times	5-20
C	LLL one knee lift on step to exit	21-24
D	RLL: Carry the Lantern (like a 6 count mambo)	25-32

Repeat RLL

### ☐ FLYING BIRD!

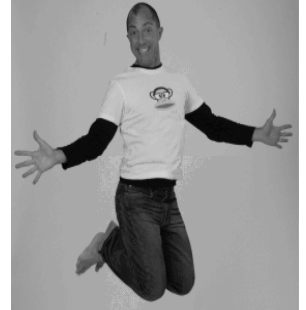
A	T'ai Chi Bird Flying Bird	1-8
B	Yoga Warrior #3	9-16
C	1 Legged Plank (during class) or Downward Facing Dog (end)	17-24
D	Upward Facing Dog (jump to mountain and cue lead leg)	25-32

Repeat RLL

### ☐ IMAGINE THAT!

A	LLL: Slow V Step and Cross Tap (eyes closed on '2-8')	1-8
B	RLL: Slow V Step and Cross Tap (eyes closed on '2-8')	9-16
C	LLL: Step Knee lift and T Step on End (optional rot.)	17-28
D	LLL: Knee Lift and Exit	29-32

Repeat RLL



"We shouldn't stop playing because we grow old, for we will grow old if we stop playing!"



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If I can be of assistance to you in fitness in any way, please contact me. Nāmaste!