



Aerobic Basics: Arm/Bein-Kombinationen

	Push Touch	Side to Side	Step touch	Doble Step touch	Grapevine	Heel dig	Heel up	Knee Lift	Low Kick	Lunge	4 Steps forward and back	V Step
Rolling Arms	X	X	X	X	X	X	X	X			X	X
Butterfly	X		X	X	X	X	X	X			X	X
Circle + Clap				X	X							
Swinging Arms		X	X	X	X							
Chest Press	X	X	X	X	X	X	X	X		X	X	X
Punching	X	X	X	X	X	X	X	X	X	X	X	X
Shoulder Press	X	X	X	X	X	X	X	X		X	X	X
Trizeps side kick	X	X	X	X	X							
Bizeps Curl	X	X	X	X	X	X	X	X		X	X	X
Rowing	X	X	X	X	X			X			X	
Jazz Hands			X	X	X			X			X	X
Front Laterals	X	X	X	X	X		X	X		X		
Clap	X	X	X	X	X	X	X	X	X	X	X	X
Criss Cross		X	X	X	X	X	X	X		X	X	X
Trizeps kick back		X					X			X		
Pumping Arms	X	X	X	X	X	X	X	X		X		
Overhead Press	X	X	X	X	X	X	X	X		X	X	X
Swimming		X	X	X	X	X	X			X	X	X
Serving		X	X	X	X						X	X