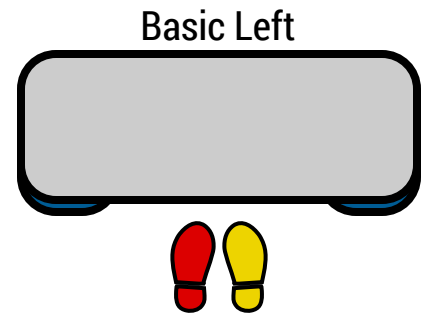


Basic Left

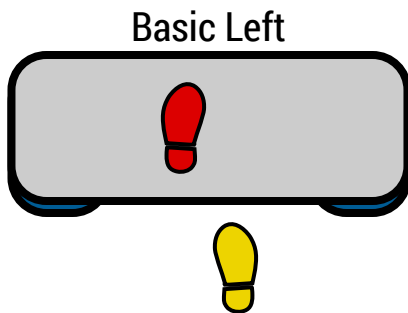
A basic left, illustrated here using a fitness step, starts in front of a horizontal bench. However, as with any of the step exercises, this can be done with or without a step. This is a four step exercise.

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start

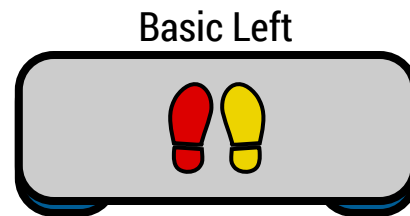
I CAN GET FIT
FITNESS IS FOR LIFE



01

I CAN GET FIT
FITNESS IS FOR LIFE

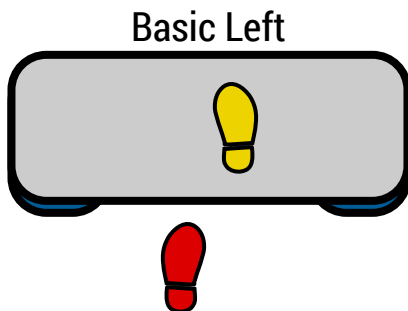
Step up on bench with left foot.



02

I CAN GET FIT
FITNESS IS FOR LIFE

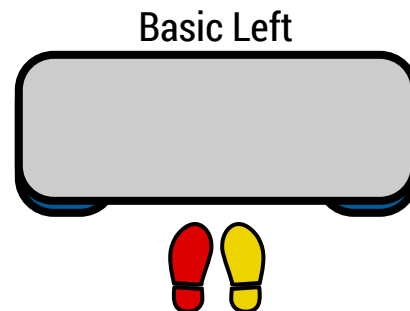
Step up on bench with right foot.



03

I CAN GET FIT
FITNESS IS FOR LIFE

Step down on floor with left foot.



04

I CAN GET FIT
FITNESS IS FOR LIFE

Step down on floor with right foot.