

Gin Miller's STEP REACTION



Have you ever attempted a step workout and ended up feeling totally uncoordinated - like you have 2 left feet? Unless you started stepping back in the early 90's, it can be difficult to jump right into a step workout and feel successful. The good news is, it's not necessarily you! It's more than likely just a matter of REACTION time.

With stepping typically performed at higher rates of speed today, there's little time to mentally process and react without feeling like you're tripping over your own feet. In learning any new activity, your brain has to process what may be unfamiliar terminology and then send a message to your working muscles to execute the patterns.

Gin Miller's Step Reaction gives you a chance to get up to speed and feel like you can succeed! This 35 minute* workout offers 4 different beats per minute (BPMs) to allow you to start slow as you learn, then gradually increase in music tempo over time.

In fitness progression, it is recommended that you adjust one variable at a time - the variables for increasing intensity are range of motion, step height and speed.

At slower speeds, you should first increase range of motion and then increase step height. When you advance in speed, you may need to lower the step height and decrease range of motion initially - but as you adjust to the new tempo, you can again increase range of motion followed by an increase in step height.

Workout 1 - 110 bpm Novice
Workout 2 - 116 bpm Beginner
Workout 3 - 122 bpm Intermediate
Workout 4 - 128 bpm Advanced

*Workout times & BPMs are approximate

Music by Cardio Mixes
www.cardiomixes.com
1-866-32count

Gin Miller is an award-winning world-class instructor, best known as the creative force behind the step revolution. With over 50 workout DVDs to her credit, Gin has spent the last 20+ years as an ACE and AAFA certified fitness professional, presenter & consultant.

www.ginmiller.com
www.ginmillerdvds.com

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Gin Miller's
STEP REACTION
DVD

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4 Speeds!
Easy Learning!

BPMs

Novice 110
Beginner 116
Intermediate 122
Advanced 128