

Step-up



Description: Place right foot on middle of step/box. Step up pushing through the heel, as you balance your body for 1-2 seconds on the right leg (left foot can touch down for balance if needed). Step down with your left leg first and continue down with your right. Alternate lead leg; if you step up with right leg on first rep, step up with left on second repetition.

****Tip:** Try movement without weight, and then add weight once you feel comfortable performing the exercise.

Sets/reps: 10-12 reps for 3 sets. Increase weight once you can do more than the suggested reps before reaching muscular fatigue.

Modifications: Using dumbbells, add a bicep curl, shoulder press, or both to the step-up.

Common Mistakes: Rounding the spine, or arching the back or hinging at the low back.

Target Muscles: Quads, Glutes, Hamstrings.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.