

Step Up

Action: Stand with feet shoulder width apart facing a chair, bench or couch

Action: Place the entire foot of the lead (stepping) leg on the box. Shift the weight to the lead leg, press the heel of the lead leg into the box and forcefully extend the lead hip and knee to push up the body onto the box.

Finish: Once standing fully erect on the box lower the body until the trail leg touches the floor and repeat. One set consists of completing the required number of reps with each leg.

