
Step Ups

The step up is a progression due to the emphasis being on a single leg and we are now adding movement to the exercise. Due to movement there is an increase demand for more stability.

Teaching Points

- Find a bench/step/plyometric box that is the right height. This is when you foot is placed on the bench/step/plyometric box the thigh is parallel to the floor.
- Hold a set of dumbbells at your side, start with feet shoulder width apart on the floor.
- Place your right foot up onto the bench.
- Extending your right knee and hip and stand, with minimal push off from the right leg.
- Bring the left foot up onto the bench and place the left leg next to the right.
- Place the left foot back down to the floor, keeping the right on the bench
- Perform all reps on one leg before switching.



Target Muscles

Primary Muscles: gluteus maximus, quadriceps, gastrocnemius, adductors, abductors

Secondary Muscles: rectus abdominus, transverse abdominus, hamstrings

Look out for: knees not following the line of the toes, opposite leg not straight, opposite foot coming off the floor, excessive lean forwards (back almost parallel to the floor).