

Step Ups

MAP REF
1

MAP REF
2

MAP REF
3

MAP REF
4

MAP REF
5

MAP REF
9

Cardio

HOW TO

- Place your entire right foot onto the bench or chair
- Lean forward from the hips
- Press through your right heel as you step onto the bench, bringing your left foot to meet your right so you are standing on the bench
- Return to the starting position by stepping down with the left foot first
- Repeat and alternate sides



ADVANCED

When stepping up, continue lifting the foot through to raise your knee. This requires balance and coordination and will develop hip and core strength



Advanced

