

EXERCISE OF THE MONTH

Single Leg Step-up

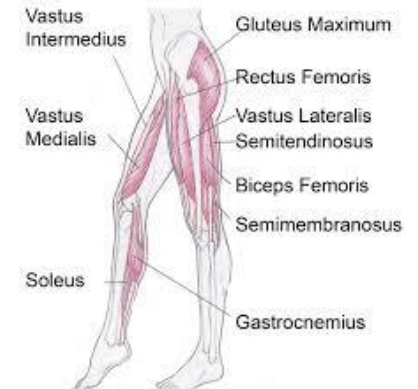
Start Position



End Position



Muscle Groups Exercised



How to Perform

Stand with your feet parallel about hip width apart while holding dumbbells in your hands with palms facing inwards. Slowly step to place your right foot on a platform, place your foot firmly, while keeping your torso upright and aligning your knee over your toes. Push off with the trailing leg to raise your body onto the platform placing that foot alongside your leading foot.

How to Perform

Slowly load the weight of your body into your right foot, step backwards to place the trailing, left, foot on the floor in its starting position. Load your weight into your trailing, left, foot and step off the platform with your right foot, returning to your starting position. Repeat for the opposite side.

Coaching Tips

- ✓ Attempt to avoid shrugging your shoulder upwards.
- ✓ Try to avoid excessive forward movement.
- ✓ Allow your body to lean slightly forward during the step-down movement.

** See your PFT for alternative exercise variations and equipment*