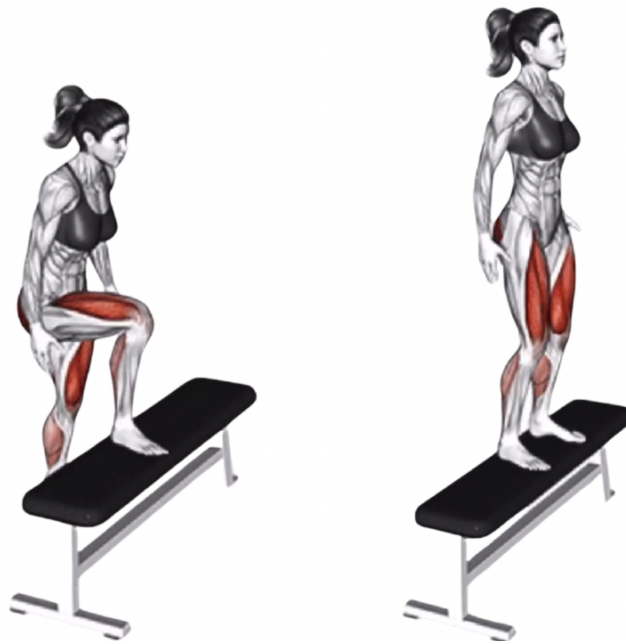


HOW TO PERFORM STEP UPS

MUSCLES WORKED

GLUTES, QUADRICEPS, ADDUCTORS,
ABDUCTORS, CALVES & CORE



Choose a height that allows you to perform the step up (and down) in a **smooth, controlled movement**.

Once you've nailed the form and built strength, you can increase the height gradually.

Focus on **pushing up through the leg** that is on the step, rather than using the leg on the floor to drive the movement.

When lowering back down off the step, **work against gravity** to slowly lower yourself down (rather than falling).

PROGRESSION

Add a kettlebell, dumbbell or two.

