

Step Up



- Find a step that is about 8-12 inches high, usually a stair or a sturdy box will work well
- Holding dumbbells in your hands if desired, place your right foot on the step
- Keep your posture tall and your abdominal muscles tight
- Step onto the step, pushing your body upwards with your hips
- For added effort, bring your left leg up as high as you can toward your chest, then return it to the ground
- Repeat all repetitions on the right side, then perform the same movements on your left side
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
