



## Anterior, Posterior And Lateral Step-Up

Purpose: \*\* 5 Pictures\*\*

Overall conditioning of the hip, knee and ankle stabilizers.

Benefit:

To provide stability to the lower body, which needs to maintain a solid foundation for the torso to coil around

Instructions:

**129:** Stand facing toward the step, place one foot on step.

**130:** Stand facing away from the step, place one foot on step.

**131:** Stand to the side of the step, place one foot on step. With good upright posture, slowly accept your weight as you step up onto the steps. It is considered poor form to allow the body to bend at the trunk or to allow the line of your kneecap to move far inside or outside of your foot. Slowly come down to the point where the back foot touches the ground but do not fall backward off the step since this is the spot in the range of motion that needs conditioning the most. You should fatigue between 8-12 reps. If you are not fatiguing but are not able to move up in height without losing form, add light dumbbells to the exercise.

Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_

