

Date: _____ Grade Level: _____ Teacher: _____

Fitness Term(s) of the Day

Repetition: Completion of an exercise movement a single (one) time.

Exercise(s) of the Day

Emphasis of Training: Lower Body

Step-up on box (chair, or bench)

Teaching Keys

Step-up

RECOMMENDED SETS
2-3 x 10 on each leg

(Base Exercise Position used throughout exercise.)*

1. Stand just to side of box (chair, bench).
2. Place inside foot flat on top of the box (knee is bent).
3. Push with bent leg, raising core until leg reaches full extension.
4. Push with the leg on box, lift opposite knee as high as possible. When pushing (box) leg is fully extended, opposite knee is bent.
5. Using as much control as possible, lower core, extend outside leg, and bend box leg; return to the starting position.
6. Just touch or tag floor with outside leg (do not shift weight to outside foot), repeat entire movement.
7. After completing required number of repetitions: stop, put opposite foot on box, and repeat entire procedure to train other leg.

Review of Previous Exercises or Strength Training Workout

- Overhead Press
- Crunch
- Pull-up/Pull-down
- Lunge
- Arm Bar

Equipment needed: boxes for step-up exercise

Notes:

*When attempting a step-up exercise, it is suggested students use a box with a height that aligns the knee slightly lower than the hip. When observing the leg with the foot placed on box, there should be a slight downward angle of the top of upper leg from hip to knee (a lower box is always acceptable, and may assist some students in correctly/safely completing exercise).

Remind students to establish a movement tempo during this exercise.

Avoid locking of knees during this exercise.

