

Step up / Stair climb



GOAL

Primary: Build muscles
Secondary: Prevent falls

TARGET AREA

Hip/Leg Muscles

DESCRIPTION

This exercise uses the muscles of your hips and legs working together to lift your body weight onto a step.

HOW TO

Stand with feet hip-width apart.

1. Raise your leg to the step.
2. Plant your heel and shift your body weight onto the leg over the step and push through the leg on the step to lift your body onto the step.
3. Slowly return to the start position.

Repeat.

REPETITIONS

1x5

DIFFICULTY DESCRIPTION

If using a step stool use a countertop for support, if using a stairwell use a railing for support.
Repeat for both legs