

# Step up / Stair climb



## GOAL

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Primary: Build muscles  
Secondary: Prevent falls

## TARGET AREA

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Hip/Leg Muscles

## DESCRIPTION

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

## HOW TO

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**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

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1x5

## DIFFICULTY DESCRIPTION

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