

Level 3 Strength Exercise #16: Step-ups

Objective: This exercise strengthens your legs, hips and buttocks. It can also improve your balance.

How to begin:

1. Begin next to a handrail at the bottom of a staircase. With your feet flat on the floor and your toes facing forward, put your entire right foot on the first step.
2. Hold the handrail for balance if needed. Place your weight in your right foot and straighten it as you slowly lift your left foot off the floor and onto the first step.
3. Continue to support your weight in your right foot as you begin to lower your left leg back to the starting position.
4. Do ___ sets, ___ per set.
5. Repeat on the opposite side.

How to progress:

1. Instead of stepping back each time, continue up the staircase.
2. Use two steps instead of one.

Goal:

Do ___ sets, ___ per set.

Increase to:

___ sets, ___ per set.

One Step



Two Steps

