

STEP IT UP



STEP EXERCISE

Start by placing your left foot on a step (8-24 inches from the ground - based on fitness level and durability of the knee joints). Place your hands together and lean slightly forward.

Step-up by bringing your right knee up until it reaches as high as your hips. Immediately return to the start position and continue until you have reached 20-30 repetitions on the same leg.

Switch your legs and continue until you have reached the same amount on the other leg. Perform three sets of this exercise. Allow approximately 90-seconds rest between sets.

DIP EXERCISE

Start the exercise by placing your hands on a step (16-24 inches from the ground) with your palms down and fingers forward. Place heels down, toes up, legs slightly bent and knees together.

Dip your body by bending your arms until you reach a 90-degree angle at your elbows. Return to the start position by straightening your arms.

Perform 3 full sets of 15-30 repetitions per set of this exercise. Allow approximately 90-seconds rest between sets.

