

Step Up Series

Basic Step Up

- Tall Posture
- Split Arms – High Knee Lift

Intermediate Step Up

- Add Resistance
- Ankle Bands
- Weight Plate in Hands – Split Arms
- Barbell Across Shoulders – Back
- Barbell Across Shoulders – Front

Advanced Step Up

- Weight Plate OVERHEAD

Speed Steps

- Tall Posture
- “Power Foot” Remains in Place
- High Knee Lift
- Quick Touches with Ball of Foot Under Hip

Hammer Steps

- Tap “Power Foot” Lightly and Quickly on Floor
- “Hammer” Foot onto Box
- Explode “Swing” Leg Above Waist
- Add Resistance for Difficulty

40's

- Facing Plyo Box – Left Foot on Top
- Alternate Legs by “Running” as Quickly as Possible with Perfect Technique

Lunge to Step Up

- Advanced
- Start in Lunge Position Facing Plyo Box
- Step Up with Rear Leg to Top of Box
- Drive Front Leg Upward as High as Possible
- Step Off Box and Immediately Back to Starting Position – Move Quickly
- Add Resistance for Difficulty