



BOX STEP-UP



Fig. 1

Start Position (Fig. 1)

Place entire foot on the box with the top of the thigh parallel to the floor. Keep the foot that is still on the floor close to the box. Keep your torso upright and push into the box with your upper leg, driving the body upward. Limit the amount of push-off with the trailing leg.



Fig. 2

Top Position (Fig. 2)

Continue pushing down on the box until the hip and knee are completely extended. End in a knee up, toe up position with the trailing leg. Your body should be as upright as possible in the position.



Fig. 3

Finish Position (Fig. 3)

Return to the starting position by lowering the trail leg slowly to the floor. Keep the foot close to the box on the descent. Perform all reps with one leg on the box before switching foot positions.