

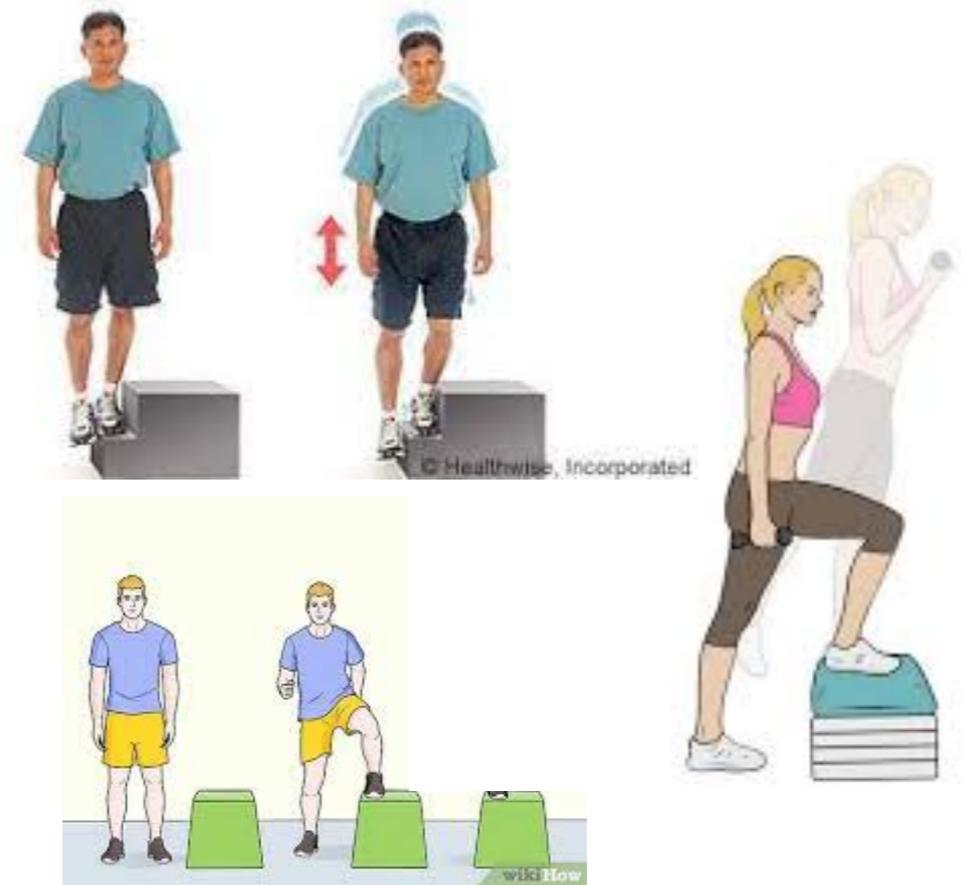
# Step Ups

**Do it Right!**  
Exercises you Should Do

**Types (progression):** The step-up can be done forward or lateral to a step. A typical exercise progression is to step-up onto a step with one leg only and remain standing on a single-leg before stepping back down rather than having both feet step onto step.

**Performance:** The exercise done is done typically for 10 or more repetitions for 1-3 sets.

**Form: Upward Phase:** make sure your foot is firmly on the deck while keeping your torso braced and upright and aligning your knee over your second toe. Push off with the trailing leg to raise your body. During this transition, your torso and your right tibia (shinbone) will move slightly forward past vertical, but try to avoid excessive forward movement if a forward step up or excessive lateral movement if a lateral step up. [See Form](#)



**This exercise is so simple and safe and it will sustain your ability to move and play sport. It can be done by all abilities levels by simply changing the step height.**

Step-up exercises often are suggested for strengthening the hip abductor muscles and improving balance in older adults and athletes. Single-leg stepping is a functional movement we perform daily. They are effective in activating the gluteal muscle, with lateral step-up exercises requiring greater glutei muscle activation than forward step-up exercises ([link](#)). The Lateral Step-Up is used as a closed kinetic chain test used to assess functional muscle strength of the lower limbs ([link](#)). The test and if used as an exercise measures and develops concentric and eccentric lower limb muscle strength, as well as balance and proprioceptive sense. The quadrates lumborum (a core muscle) is engaged with the lateral step up in a way that is unique to this exercise.. There is an issue amongst strength professional with this exercise. Some suggest to use while others say no because of possibly knee injury risk ([see article](#)) because athletes typically do this exercise with loads and excessive step heights. I suggest to keep it to bodyweight and control the motion as much as possible with no jumping and use of momentum for most people. I also suggest to keep the step height at or below knee level for most people seeking fitness improvement.