

DB STEP UPS ON BENCH

START



MIDDLE



END



- Stand up straight while holding a dumbbell in each hand
- Palms facing the side of your legs
- Place your right foot on the bench
- Keep your shoulders back
- Keep torso upright throughout the exercise

NOTE:

- The higher the bench, the harder the exercise is to perform

- Bring your left knee up by pushing through your right heel
- Keep right foot flat on the bench at all times
- Breathe out as you execute the force required to come up

- Step down with the left leg by flexing the hip and knee of the right leg as you inhale
- Repeat with the right leg for the recommended amount of repetitions
- Then perform with the left leg

MUSCLES TARGETED

GLUTES, QUADS AND CALVES

- During the step-up the Glutes work to extend your hip
- The Quads extend the knee and flex the hip during the step-up
- Two calf muscles, medial and lateral heads, which extend the ankle are also targeted
- Step-ups also target an adductor magnus muscle in your inner thigh as an assisting muscle

NOTE

This exercise is great for people with lower back problems.