



ELITE PERFORMANCE SERIES

# Strength & Power Training



## Step-Ups

### Purpose:

- **Strengthening exercise for the quads, gluts and hamstrings**

### Start/Finish Position:

- Grip the bar with an open pronated grip
- Bar is positioned in a balanced position behind the neck resting on the shoulder
- The box should be 10-15 inches in height, high enough to create a 90 degree angle at the knee when foot is on the box
- Front foot is on box so that knee is flexed and thigh is parallel to floor

**YES**    **NO**

- |                          |                          |
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### Phase I:

- Front leg is extended as rear leg drives through
- The trunk remains upright
- Rear leg is raised to chest in a "high knee" position
- As the lead leg pushes upward from the box the ankle, knee and hip should move simultaneously

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### Phase II:

- From the top of the extended position slowly lower the trailing foot down to the floor
- Switch lead foot on the floor

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### Variations: