

# STEP UPS



REAL MEN  
MOVE



**1.** Use a garden step or a plank placed securely on two concrete blocks.



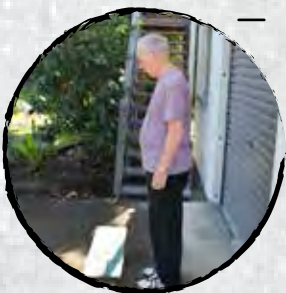
**2.** Stand close to the step, raise your left leg and place your left foot completely on the step.



**3.** Press down through your heel, tighten your buttocks and step up.



**4.** Bring up your right leg onto the step and stand tall. Step down with your right leg and then bring your left foot down.



**5.** Do 10 step ups with the right leg leading and 10 with the left leg leading.



**6.** Repeat twice.