

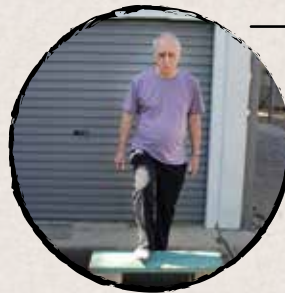
STEP UPS



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 left 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.