

STEP 1



STEP 2



Crossover Step Up with Knee Drive

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position to the side of a step or bench.

Movement

Step your outside foot across your body and onto the step, then shift your weight to stand on the step as you lift your opposite leg up towards your chest. Reverse the movement, and repeat.

Tip

Make sure to keep your trunk and pelvis facing forward during the exercise. Focus on activating your buttock muscles as you step onto the step.

STEP 1



STEP 2



Standard Plank

REPS: 5 | SETS: 1 | HOLD: 30 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.