

# STEPUPS

it is also great because it can be done just about anywhere since the only equipment needed is a step, sturdy chair, or bench, and some optional weights. step up exercise is that it strengthens each leg individually, rather than as a unit. This helps ensure that you are building strength equally on each side, and not favoring one leg over the other. Because you are stepping up with one leg at a time, this exercise also improves balance and stabilization.

## Benefits:

**Improve Symmetry & Balance:** you train each leg independently. This allows you to improve the symmetry of your leg musculature.

**Increase Your Squat & Deadlift Strength:** step ups increase your overall leg strength, you will see an increase in your squat and deadlift strength as well.

**Save Your Lower Back**

**Develop Explosive Leg Power**

**Creates minimal stress on the knee.**

**Cardio**