

BENCH WEIGHTED STEP-UPS



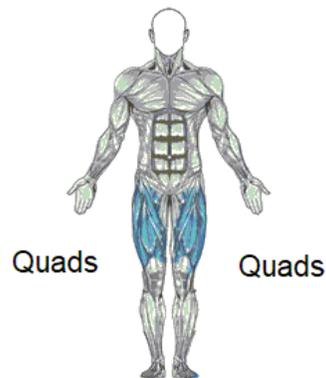
1. With weights wrapped around your ankles, place your right foot on top of the edge of a flat bench or on the edge of a plyometric box, with your torso held upright & straight. Keep your other (left) foot firm on the ground just a couple of inches away from the bench. Make a fist with both your hands and keep your left hand held up, with your right hand held down at your side taking in a stand-by stance (position). This will be your starting position.
2. Push off with your right foot while engaging your right leg's quads, hamstrings & glutes muscles to lift your body all the way up to gain as much height as you can, while simultaneously changing your arms positions like that of a sprinter as you kick up with your left knee to engage your hip flexors & quads muscles of your left leg.
3. Slowly begin to come back down to your starting position in the same manner you've used to lift yourself up in, while fully engaging your legs muscles throughout the entire movement.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch legs, sides and arms positions then perform the same exact motion for the same amount of repetitions.

CAUTION: Make sure to always maintain a straight & upright torso while performing this exercise to maximize the engagement of your legs muscles without putting any negative pressure on your lower back. STOP immediately if you felt any sharp knee and/or lower back pain. Make sure to execute slow and controlled movements especially when coming down to your starting position to avoid getting any knees, lower back and/or hips injury. This is also a balance and coordination exercise so expect your core muscles to also get slightly engaged while performing this exercise.

ALTERNATIVE EXERCISES: [Plate Reverse Lunges](#) / [Isolated Seated Leg Press](#) / [Isolated Leg Extensions](#)

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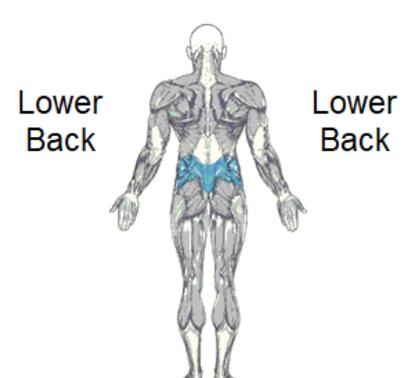
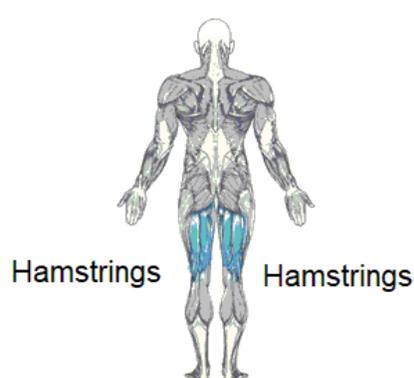
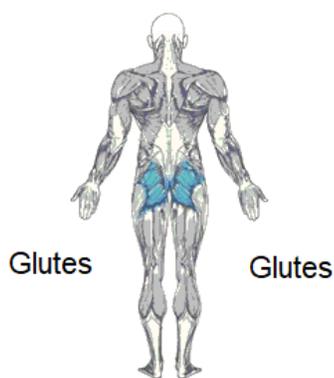
PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%60 - %70** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%30 - %40** when performing this exercise.

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