

EXERCISE

Dumbbell Single Leg Box Step-Up

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called a dumbbell single leg box step-up. It's a lower body exercise, primarily working quads, hamstrings, and glutes.

Once the client has the dumbbells in position, they're going to take one leg, just place it on top of the box, and from here, shifting their weight forward, slightly over that thigh, driving up from there onto the box. A brief pause at the top, and then slowly descend down, keeping the same leg on the box.

From there, we repeat that action.

Things to note. Make sure that as the client steps up, they're driving into that front leg, using a little bit of assistance from the back leg, but trying to keep most of the effort on that working leg. Halfway through, they can change sides.

Do three reps at a time, making sure that they keep their shoulders over the hips, and their posture is nice and tall. So - chest proud, shoulders slightly drawn down and back as they're stepping. Keep the body position throughout.

It's a good chance also to change your coaching view – so, from front to back and side to side, just to make sure that the client is doing the movement correctly.

And relax for me, Dom, when you're ready.

Coming down to rest there, placing the dumbbells back onto the box and relax.

Main Muscles Involved

- Quadriceps
- Hamstrings
- Glutes

