

## June Exercise of the Month Stair Step-Up with Lunge

**Purpose:** Lower body exercise that can easily be part of an outdoor workout

**Primary Muscles:** Muscles of the upper thigh and hips (quadriceps, hamstrings, hip flexors, glutes)

**Stabilizing Muscles:** Lower leg (calves) and core

**Equipment:** Stair step, dumbbells optional

### Start Position:

- ❖ Begin by firmly planting the right foot in the center of a stair step
- ❖ Widen the stance by slightly stepping back with the left foot
- ❖ Create good posture by lifting the chest and rolling shoulders back
- ❖ Activate muscles across the core and slightly tuck the pelvis forward

### Lunge

- ❖ Inhale; bend the knees to begin lowering down into lunge
- ❖ Aim to create a 90-degree angle at the front knee bend
- ❖ Allow the opposite (left) arm to curl up toward the shoulder
- ❖ Keep awareness on posture, being careful not to lean forward from the torso
- ❖ Right knee should stay over the right ankle, not passing the toe

### Step-up:

- ❖ Exhale; push your body weight through the heel of the right foot to raise up out of lunge
- ❖ As the right knee straightens, bring the left leg through to a knee lift in front of the body
- ❖ With the push motion, the left arm extends to the side and the right arm lifts toward the shoulder
- ❖ Try to raise the knee up to hip height, continuing to hold posture all the way through
- ❖ Repeat on the same leg for 8-12 repetitions; then switch to do the same amount of reps on the left

**\*Intensity Challenge:** Do this exercise in between running/climbing up flights of stairs. Complete in intervals; run/climb the stairs for 1-minute then do the lunge exercise 30-seconds on the right; 30-seconds on the left.

Start



Lunge



Step-up

