

Bench Step



Step can be used for:

- A Warm-up Activity
- Cardiovascular Training
- Lower Body Workout

For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on “**Exercise Guide**”.

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should **STOP** exercising and contact your physician. Alert gym staff if assistance is needed.

Use of the step:

1. Construct the desired height of the step

- Height of the step should not require that you lift your leg more than 90 degrees
- Both sides of the platform should have an equal number of risers and be in proper alignment

2. Bench step should be on the wooden floor to allow the floor to give with movement

- The bench step can be used on carpet, but will be less safe for turns and movement around the bench

3. When stepping to the bench allowing the entire foot to be placed on top of the platform

- Wear proper lateral support and notched heel, notched aerobic or cross-training shoes
- Use peripheral vision when stepping to and from the bench
- Use music to move to a rhythm (music in aerobic class, your own headset, or the radio)
- Choose a pace that allows you to move aerobically throughout the exercise time you have set
- Change lead leg at least every minute; perform only a maximum of 5 repeater steps
- Hand weights are not recommended due to possible repetitive motion injury to the joints

4. Checkout an instructional step video for variation on step technique.

5. Step down and continue slower pace movement to cool-down your body.