

# REEBOK STEP

## STEP IT UP - 10 CLASSIC MOVES



THE REEBOK STEP IS THE ORIGINAL PIECE OF FITNESS EQUIPMENT USED WITHIN STUDIO CLASSES WORLDWIDE. THESE ARE JUST 10 OF THE MANY MOST-LOVED STEP EXERCISES TO TORCH CALORIES AND BURN FAT.

01.



### BASIC STEP UP

A basic yet fundamental unilateral exercise which trains each leg independently to improve symmetry while toning the glutes, hamstrings and thighs. Try the Step at different heights for added difficulty.

02.



### OFF-SET PUSH UP CROSSOVER

A more challenging take on the traditional push-up, the offset version places extra emphasis on the triceps. Alternate sides with one hand on the elevated Step to feel the burn!

03.



### SQUAT POP OVER

Keep most of your weight over the Step, push up off the foot and pop your body over the platform, repeating side to side. Stay low to the ground - a low centre of mass will make the exercise more effective on the muscles and improve balance. This one works the glutes, hamstrings as well as the inner and outer thighs.

04.



### SIDE STEP + HIGH KICK

Add a high kick into your basic side step to raise the heart rate further and improve flexibility.

05.



### STEP JUMP

Build explosive, plyometric power by jumping onto the step with both feet at the same time. Repeat from side to side.

06.



### MOUNTAIN CLIMBER

A raised platform makes the floor-based mountain climber just a little bit more challenging. This one's good for lower body power and engaging the core muscles.

07.



### SIDE STEP + LATERAL RAISE

This exercise focuses on the stabiliser muscles throughout the body. It also targets the outer thigh and glutes while improving balance.

08.



### STEP UP + OVERHEAD PRESS

The Reebok Step doesn't have to be used in isolation. Grab a pair of dumbbells and add an overhead press as you step up onto the platform.

09.



### STRAIGHT ARM PLANK UP

An ideal bodyweight movement focusing on core strength and endurance. You'll also see arm and shoulder benefits from this, along with posture improvement.

10.



### BURPEE JUMP

The Burpee Jump will have your heart rate through the roof! This hybrid move builds strength, burns fat and conditions the entire body.