



Low Box Step-ups:

This exercise can be performed using only body weight or with added resistance, depending on the athlete's ability to properly execute the movement. The ideal surface to use is a plyo-box. Drive through the heel to engage the glutes and step up while raising the opposite knee to 90°. Observe the individual's ability to control the ankle and foot, the knee, and the hip. The foot should not collapse into pronation, the knee should stay over the midline of the foot, and the hip and femur should stay on the same axis at the knee. The pelvis of the raised leg should not drop. Perform 3-4 sets of up to 20-25 reps if using only body weight and 6-8 reps if using additional weight.

Set-up

- Stand in front of a low box, or bench. The height of the object onto which one will step should be such that the knee of the leg to be loaded does not flex greater than 90 degrees. Less than 90 degrees is preferable.

Performance

- Step up onto the box.
- Maintaining alignment of the foot, knee, and hip push down through the heel of the support leg.
- Drive the free leg into hip flexion, knee flexion, while maintaining ankle dorsiflexion.
- Return the free leg back to the ground.
- 2 to 3 sets of 10 repetitions per side.

Coaching Cues

- Ensure that the client maintains good alignment through the pelvis and spine.
- Load should progress from body weight to progressively higher weights, as long as the client can maintain the alignment of the hips through the motion. If the weight is too great, you will see the unloaded hip drop.
- Keep the knee and hip aligned through the midline of the foot through the drive up. If the load is too great the knee will drop toward the midline.