



## Upper Extremity Step Ups

### **Starting position:**

In a push-up position with a step in between your arms.

### **Movement:**

Tighten your core and keep your body straight. Step one arm onto the step, followed by the other arm. Remember to keep your elbows straight and shoulder blades rounded. Slowly return to starting position.



**Perform \_\_\_\_ Reps \_\_\_\_ Sets \_\_\_\_ X/day**