



Eccentric Step Down

Starting position:

Stand on a step or stair with one foot.
Point the other foot forward off step.

Movement:

Slowly bend the knee of leg on step so that your hips go backward and your other foot lowers toward the ground. Make sure back is straight, knee doesn't go past your toes, and knee stays straight in line with your ankle on the stance side. Return with slow control to the starting position.

Perform ____ Reps ____ Sets ____ X/day