

STACKABLE STEPS

A tool that can be used for a variety of jumping and stepping exercises. Exercises shown are only a few of the many available. The pictures shown are using the 6" version of the stackable step, two of them have been stacked together. Before beginning any jumping exercises check the landing area to insure safety for the athlete or client. Avoid stacking more than three steps. Use the steps in a variety of combinations to add a vertical element to your training.

- 1) LINEAR STABILIZATION JUMPS - Begin in front of step.
1a) Jump onto step landing in similar position to the takeoff
1b) Step off and repeat.



- 2) LATERAL STABILIZATION JUMPS - Begin standing on the side of the step.
2a) Jump laterally onto the step landing quietly. Step off and repeat.



- 3) STEP JUMPS - Begin standing on the side of the step and jump over, landing and quickly jumping back over the step. Continue repeating to complete set.



- 4) **FAST FEET** - Start with one foot on the step.
4a) Quickly alternate feet on the step.
4b) Repeat for period of time or number of steps.



- 5) **BOUNCE, BOUNCE JUMP** - Begin with one foot on step and one foot on ground.
5a) Bounce twice with the foot on the ground.
5b) On the third bounce, jump and switch foot positioning.
5c) Continue to repeat the sequence for a period of time or reps.



- 6) **LUNGE** - Begin with both feet on the ground about 2' from the step.
6a) Lunge forward landing on the step.
6b) Push off and return to standing position repeat with same leg or alternate legs.



- 7) **LATERAL LUNGE** - Begin around 2' to the side of the step.
7a) Lunge with your inside leg, land then return to the starting position.



**PERFORM
BETTER!**

- 8) STEP DOWNS - Begin on top of step.
- 8a) Step down landing on one leg.
 - 8b) Step back up. Repeat to both sides.
 - 8c) Repeat with the opposite leg or same leg.



- 9) LATERAL STEP DOWN - Begin on top of step.
- 9a) Step off laterally landing on one leg.
 - 9b) Step back on top with the opposite leg.
 - 9c) Repeat to the other side with the opposite leg or same side with same leg.



- 10) SINGLE LEG BOUND - Stand on one leg and jump onto the step landing with the opposite leg. Step off and repeat. Variations: A) take off with two legs, land on one B) Take off with one leg land on two C) Take off and land on the same leg.



- 11) LATERAL BOUND - Stand on outside leg about 2' from the side of the step. Bound onto the step landing on the opposite leg. Variations: A) Continue over the step and repeat on the other leg B) Step back down and repeat with the same leg C) Turn 90 or 180 degrees before landing on the step.



**PERFORM
BETTER!**