

# Get the Low Down: Steps and Reps

Session 4129

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Experience this step interval format designed to challenge your cardiovascular system and the strength and endurance of the lower body. Easy to follow athletic step combinations with intervals of lower body weight strength exercises creates a total lower body blast of a workout. Return to your club with a Monday morning ready class that will give your classes an intensity boost and give your participants the results they crave. You'll walk away (not easily!) with loads of ideas that can be applied to your current muscle conditioning or step classes.

## Combo #1

Movement	Lead Leg	Counts
Stomp off end wide, across the top, stomp off end and tap to repeat	R	1-16
5 toe repeater	R	17-21
Knee lunge 2x	L	22-28
Knee front kick to exit	R	29-32

- **30 sec interval boost:** Straddle bench - Shuffle or run up bench, jump to squat.

## Lower Body Strength Exercises:

- Squat off end, Bench leg lunge, squat off end and repeat other side → Quadruped hover hip extension/external rotation (could add band)
- Prone Hip Extension

## Combo #2

Movement	Lead Leg	Counts
Squat off end, on top, off end	R	1-8
2 x lunge, rock back	L	9-16
Up, up, down quick	L	17-19
Jack up, down, knee to exit	Both L & R	20-24
Lunge mamba cha cha	R	25-28
I basic or power squat	L	29-32

- Tabata: Over fast touch floor – 1, 3,5 and 7
  - Vertical Touch – 2, 4, 6 and 8

**Lower Body Strength Exercises:**

- Step Knee on bench, step back lunge → Hold step vertical and squat (add jump)

Combo #3

<b>Movement</b>	<b>Lead Leg</b>	<b>Counts</b>
Knee heel knee repeater	R	1-8
Squat to plank	Both	9-12
Push up rotate to oblique plank 2x	-	13-28
Stand up		29-32

- **30 sec interval boost:** Alt squats end to end

**Lower Body Strength Exercises:**

- Glute Med Hip lift/Abd off end → Box Position knee drop and squat