



STEP UP CHALLENGE



YOU WILL NEED TO USE THE STAIRS OR A FIRM BOX

- A STEP UP CONSISTS OF PLACING ONE FULL FOOT ON THE STAIRS FOLLOWED BY THE OTHER FOOT, THEN PLACE ONE FOOT BACK ON THE FLOOR FOLLOWED BY THE OTHER
- SEE HOW MANY YOU CAN DO IN 1 MINUTE?
- CHALLENGE YOUR FAMILY MEMBERS TO BEAT YOUR SCORE

