

## Try Something New

### Cross-Over Step-Ups



- Stand beside bench.
- Step across and onto the bench, then drive through your top foot and come up into a high knee position on the bench
  - Maintain an upright posture and balance throughout
- Pause, balancing on one leg and then slowly squat down off the bench on the opposite side.
- Step all the way down and repeat with other leg in opposite direction

