

FreeMotion Step Exercises

Two Arm Step-Up to Balance

TRADITIONAL



Two Arm Step-Up to Balance Frontal Plane

PROGRESSIONS



Two Arm Step-Up to Balance Transverse Plane



Two Arm Step-Up to Balance Multi-Plane



One Arm Step-Up to Biceps Curl Sagittal Plane



FreeMotion Step Exercises

One Arm Step-Up to Shoulder Press Sagittal Plane

