

Step Aerobics

The Basics

- Bring foot flat up and centered on board to avoid board instability.
- Don't hang heels off the board to avoid straining the Achilles tendon.
- Lower toes to the floor first then heel when coming off board to absorb shock.
- Keep within 12 inches of board when coming to floor, except during lunges.
- Keep heel off the floor when doing lunges, keep weight on the ball of the foot.
- Power up onto the board only, don't jump off board.
- Lean from the ankles, not the hip.
- Keep abdominals tight to improve muscle tone and balance.
- Continue breathing, never hold the breath.
- Knees should be soft not locked to provide shock absorption and reduce back strain.
- Keep hands on waist until comfortable with leg movements, when learning coordination.

The Class

- Warm Up
 - Begin with wide stance deep breaths to oxygenate the blood.
 - March in place, side step, grapevine.
 - Include wide stance toe tapping with reach out and up.
 - Extend reach across the centerline of the body.
 - Transition from reaching across to reach up, each side.
 - Stretch Calves, Hamstrings statically.
 - Shin (Tibialis Anterior) dynamic flex.
- General Technique
 - Step up with whole foot flat on the board.
 - Step off board to floor with toe to heel.
 - Slight lean forward at the waist.
 - Heels stays off floor during lunges.
- Safety
 - Limit step and cool-down music tempo range from 118 to 122 bpm.
 - Limit warm-up tempo range from 120 to 134 bpm.
 - Avoid moves that require stepping forward off the board.
 - Limit power moves (propulsion) to 1-minute intervals.
 - Limit repeater moves to five repeaters at time.
 - Use no weights on the board, except where one foot is on the floor.
 - Avoid pivoting moves on a loaded knee.
 - Never change more than one move at a time (i.e., legs then arms)
 - Always provide low impact alternatives to high impact moves.

Discontinue stepping if:

- Legs become fatigued and uncoordinated.
- Any pain becomes evident.
- Dizziness occurs.
- Rapid heart rate.

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