

OZEMPIC: How and why to perform a step up exercise | Peter Attia

This is one of my favorite exercises because it's an exercise that I think everybody can learn to do safely irrespective of preexisting injuries. It's also an exercise you can do anywhere. Just recently I was at a hotel they had virtually not a single piece of equipment except for dumbbells. And guess what? With a bench and dumbbells I was able to do step ups. So we consider this a foundational movement and one of the most important ways that you will learn to load the hip and to do a so-called hip hinge. And when you're doing this movement you want to make sure that you're actually loading your front leg a lot of times if you're going to get up on a really high box you're just going to get up there. However you can in this particular activity we want to actually be able to shift and push through the front foot. So it's going to be helpful if you start on a lower box first usually around 12 inches at body weight get the mechanics and we can increase the height and load it from there. And I'd like to point out that even though I've been doing this for a long time I always do my first set at about 12 inches with body weight just to make sure I'm moving correctly and firing correctly. I'll typically then add a little bit of weight at 12 inches and then I'll move to a higher box but I rarely will jump to a higher box out of the gate. Ok. So go ahead and put a foot on and you know important things here. We want to be able to shift and get loaded through the center of that front foot. So you don't have to rely on the back foot pushing you up onto the box. So go ahead and shift and come up. So he's going to shift he loads the hip drives through I like to connect the heel at the top pull the toes up so you can really lock that working hip into place. Now on the way down the magic here and you don't have to do all your reps here. But when you're learning to do it you want to work on eccentric control meaning you're controlling the lowering phase of the step. So he's going to take this right leg back he'll relax his upper body. He's going to feel weight come to the toe the mid foot and then the heel as he controls himself all the way down. Now he made that look pretty easy if you're new to this. If there's any kind of center of mass issues meaning it's too far forward controlling the E can be quite challenging. So go ahead and come up again Peter. So he's going to shift push through that mid foot locking in place. If the eccentric is tricky in the beginning he can reach his arms forward as he comes back actively reach that reach is going to help the rib cage in the front compress

and assist that shift backwards through space One other thing I want to make sure it's being emphasized here as you're loading that foot that femur is gliding back Why is that important That's putting a stretch in the glute and the hamstring it's a pre stretch It's allowing you to e centric load the hip which makes it so much easier to load to apply force down through the box if I don't do some sort of loading And there's basically two ways to apply that stretch One is the shift forward that we're doing But for some people if they lack the ankle flexibility you can get it by gliding back a little bit You have to be careful you don't go out too far or you'll lose it But some manner of gluteal stretch has to be applied so that you can apply force here What we're trying to avoid is this right Because doing that you're not actually loading you're just popping up and using momentum to get you onto the box So once you get fast at this height And by the way if it takes two months that's ok But once you get facile there you can move on to a higher box that will allow you to put more and more load There's basically two ways you create load here height and additional weight So let's just start with height It's the exact same exercise as we just did So he'll shift forward he loads the center of that foot getting that posterior glide he's going to drive down I want to 0.1 other thing out here It sounds silly But after all these years I still touch my hamstring when I do this in a warm up and it's crazy But right now I can feel how relaxed I am in my hamstring and my butt and now it's like oh my God I just felt it light up I'm pushing and I'm coming up and all of that work is being done here right And at this point if you're at this height you should be able to shift backwards through space so that you do not have to reach your arms forward So he's going to take his right leg back He's going to feel more 4 ft mid foot and there's this nice rocker back into the heel to catch him down Now as the height increases the pelvis will tend to want to over slide back or the knee will want to slide forward as a compensation for not being able to shift You want to make sure that you're still getting that nice mid foot connection So you're working through the hip And I think one way to I think play and sort of accept that if that's a word is to imagine the force moving back your foot as you're coming down So I'm kind of imagining the weight in my foot moving as I descend as opposed to trying to think about the position of my pelvis in space You have to sort of figure out what works This is one of those things by the way where I will do it with my tripod and phone set up in the gym So in between sets I'll watch them and say you know what You didn't really do that Well there your butt was out too far or something like that then you can load it right Once you get to the point where you reach

a height where the the top of your thigh is about parallel to the ground and that's going to vary depending on your height For me That's about here Um the next thing you can do is start to add load and you'll see it gets much harder much more quickly And while he's grabbing those weights I do want to say yes you can load them at lower heights We like this height this 90 degree angle because it's similar to getting off of the floor So if you're in a half kneeling position you have to be able to shift and push with that much load in the hip That's why we like this height in particular but you can load other heights So it's just the same as what we did before except the stakes are way higher and you have to get the technique right Which is why it might take a long time before you get to to load Let's go through it one more time He's gonna shift Notice his arms stay heavy He's not going to shrug up because that's very tempting with weight He's gonna feel the weight in his hands He'll push down pop that right He'll forward lock the hip in the place eyes are up and then he'll take this right leg back He wants to relax his chest If you've got a big proud chest you can't shift backwards through space He'll feel the 4 ft the mid foot and lower down eccentrically