

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

<https://silosolo.com/572100>

Summary

Step-ups are a safe and versatile exercise that can be done anywhere with minimal equipment. It is important to start with a lower box and body weight to learn the proper mechanics and form. The front leg should be loaded and the weight shifted through the front foot. Controlling the lowering phase helps improve balance and central control. As you progress, you can add weight and increase the height of the box. It is crucial to maintain proper technique and form throughout the exercise to ensure optimal results and reduce the risk of injury.

Silo sample questions

- Are step-ups a safe exercise for everyone?
- What equipment is needed for step-ups?
- How should I start with step-ups?
- How should the front leg be loaded during step-ups?
- What is the importance of controlling the lowering phase?

Topics

Safety of step-ups

Equipment needed for step-ups

Proper mechanics and form

Progression of step-ups

Importance of loading the front leg

Controlling the lowering phase

Adding weight and increasing height

Maintaining proper technique

Key Takeaways

- Step ups are a safe exercise that can be done by anyone
- They can be done with minimal equipment and anywhere
- Start with a lower box and body weight to learn the proper mechanics
- Load the front leg and shift the weight through the front foot
- Control the lowering phase of the step

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