

Interval Step

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Experience this step interval format designed to challenge your cardiovascular system and the strength and endurance of the lower body. Easy to follow athletic step combinations with intervals of lower body weight strength exercises creates a total lower body blast of a workout. Return to your club with a Monday morning ready class that will give your classes an intensity boost and give your participants the results they crave. You'll walk away (not easily!) with loads of ideas that can be applied to your current muscle conditioning or step classes.

Combo #1

Movement	Lead Leg	Counts
Stomp off end wide, across the top, stomp off end and tap to repeat	R	1-16
5 toe repeater	R	17-21
Knee lunge 2x	L	22-28
Knee front kick to exit	R	29-32

- **30 sec interval boost:** Straddle bench - Shuffle or run up bench, jump to squat.

Lower Body Strength Exercises:

- Squat, Curtsey lunge alt sides from top of bench → Quadruped Box position with thread the needle

Technique Notes:

Combo #2

Movement	Lead Leg	Counts
Up straddle 2x quick – finish on floor	R	1-8
Knee lunge back touch step 2x	R	9-16
Down to hands on step - pushovers	R	17-24
Repeater In, out, in	R	25-32

- **Interval:** 4 alt power lunges, pulse lunge knee to exit to other side

Lower Body Strength Exercises:

- Prone Hip Extension → Quadruped Press back and frog jump across step, 180 turn to return

Technique Notes:

Combo #3

Movement	Lead Leg	Counts
Knee heel knee repeater	R	1-8
Squat to plank	Both	9-12
Push up rotate to oblique plank 2x	-	13-28
Stand up		29-32

- **30 sec interval boost:** Alt squats end to end

Lower Body Strength Exercises:

- Glute Med Hip lift/Abd off end

Technique Notes: