

HEELCURVE HOCKEY

LOW BOX STEP-UP

EXERCISE MECHANICS

WHAT IT IS

A lower body exercise that develops unilateral strength, balance, and control by stepping up onto a low box with control and standing fully on top. It improves leg strength, stability, and overall functional movement.

1 START

Stand about one foot away from the box. Keep your core tight and chest up.



2 STEP UP

Place one foot on the box and drive through your heel to step up.



3 STAND TALL

Stand fully on the box with your stepping foot. Keep your knee aligned over your foot.



4 STEP DOWN

Step down with the opposite foot first, lightly touching the ground.



5 RESET

Return the stepping foot to the ground and repeat for the desired number of reps, then switch legs.



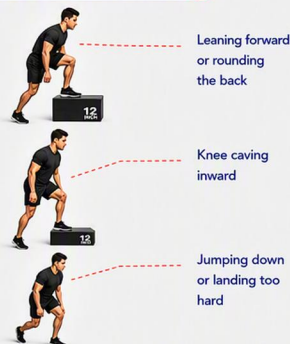
KEY POINTS

- Use a low box—focus on control, not height.
- Drive through your heel to step up.
- Stand tall and avoid pushing off the back foot.
- Keep your knee tracking over your foot.
- Tap the ground lightly on the way down.
- Use your arms for balance only.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Quadriceps
- Glutes
- Hamstrings
- Calves
- Core
- Hip Stabilizers

TRAINING TIPS

- Use as a strength and control builder, not just for height.
- Start with a low box (8–12 in / 20–30 cm) and progress as your control improves.
- Focus on controlled reps and soft landings.
- Include in lower body or hockey-specific training.