Position the box for a 12 inch or 18 inch step height. Choose a box height that allows your right thigh to form a 90° angle as shown above. Practice this exercise without weights until you feel comfortable with the motion. Select a weighted Medicine Ball if desired. Place your entire right foot on the center of the box. Lift your toes inside of your right shoe to shift the weight back onto your heel. Use the strength of your right leg to step up onto the box. Try not to use your left leg. Carefully step down with your left leg. Complete one set with the right foot on the step and repeat on the other side.