

# Basic Right

A basic right, illustrated here using a fitness step, starts in front of a horizontal bench. However, as with any of the step exercises, this can be done with or without a step. This is a four step exercise.

Released under the Creative Commons Attribution-ShareAlike 4.0 International (CC BY-SA 4.0)

**BASIC RIGHT**

**I Can Get Fit**



**Start**

**BASIC RIGHT**

**I Can Get Fit**



**01**

Step up on bench with right foot.

**BASIC RIGHT**

**I Can Get Fit**



**02**

Step up on bench with left foot.

**BASIC RIGHT**

**I Can Get Fit**



**03**

Step down on floor with right foot.

**BASIC RIGHT**

**I Can Get Fit**



**04**

Step down on floor with left foot.