

Step training program for better balance

Based on the article: Giannouli E, Morat T, Zijlstra W. A Novel Square-Stepping Exercise Program for Older Adults (StepIt): Rationale and Implications for Falls Prevention. Front Med (Lausanne). 2020;6:318. Published 2020 Jan 14.



Progressions	Exercise pattern complexity	Speed Beats per minute	Step length	Dual task
Week 1-3	3-4 step sequence Forward, sideways and backward steps	90-110 side step 64-88 forward/back	60% of the maximal step length	Single task (only stepping)
Week 4-6	5-6 step sequence Forward, side, back and skipping middle	Increase pacing 2bpm every session	Progress up until 80% of MSL	Dual task
Week 6-9	7-8 step sequence Forward, side, back and skipping middle and oblique steps	Increase pacing 2bpm every session	Progress up until 80% of MSL	Multi-task