

Stairs Workout

Step ups. Warm up.



- 40 x step up
- Slow and control movement
- This is to raise the heart rate and stretch the muscles
- Alternate between Left and Right Leg Lead

Bench Dip:- Tricep Exercise



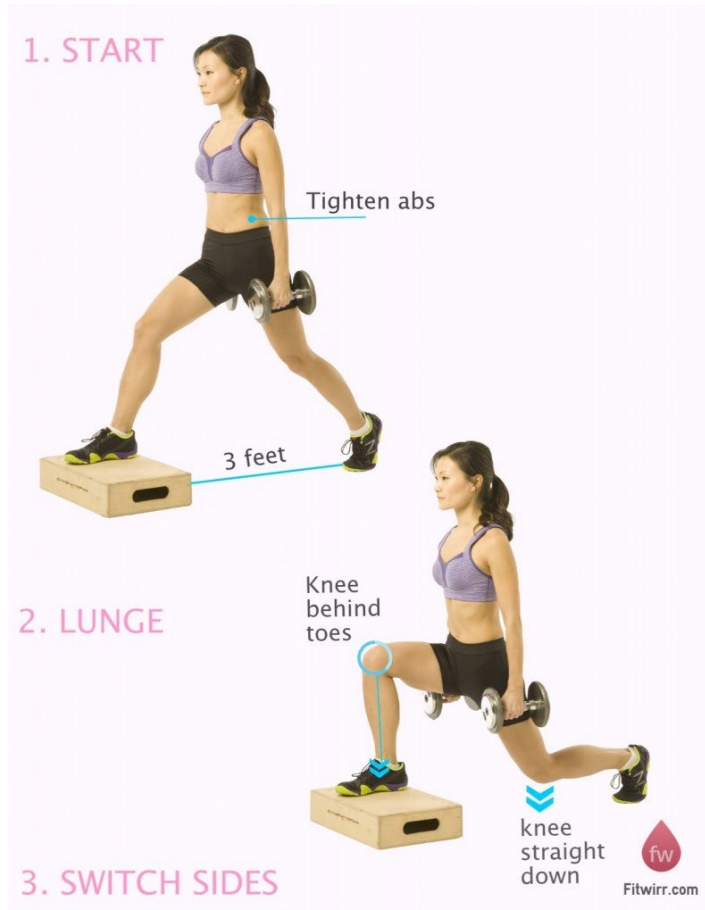
- 10 x Reps
- To make the exercise more difficult, move your feet further away from the step

Press Up



- 10 x Reps
- Slow movement downwards (4 seconds)
- Power upwards
- Option 1 – Hands on the step- Higher up the step the easier the workout
- Option 2 – Hands on the floor
- Option 3 – Feet on the step hands on the floor

Split Lunge Forwards



- 10 x Reps on each Leg
- Start with one foot on the lowest Step and lunge.
- Go to the next step –will make the exercise more difficult- increase the range of movement
- Add Weights to increase the resistance

Step ups. Quick feet movement



- Work for 2 x 60 seconds with 30 seconds rest in between
- 60 seconds 1 x left leg lead – 1 x right leg lead
- Quick movement of the feet up and down

Split Lunge Backward



- 10 x Rep on Each Leg

Start on the lowest Step

Go to the next step –will make the exercise more difficult-increase the range of movement

Add Weights to increase the resistance

Box Jump



- 10 x Rep
- Jump onto the bottom Step
- Jump onto a high step*
- *Please make sure that you have room/space so that it is safe before doing this

Step ups



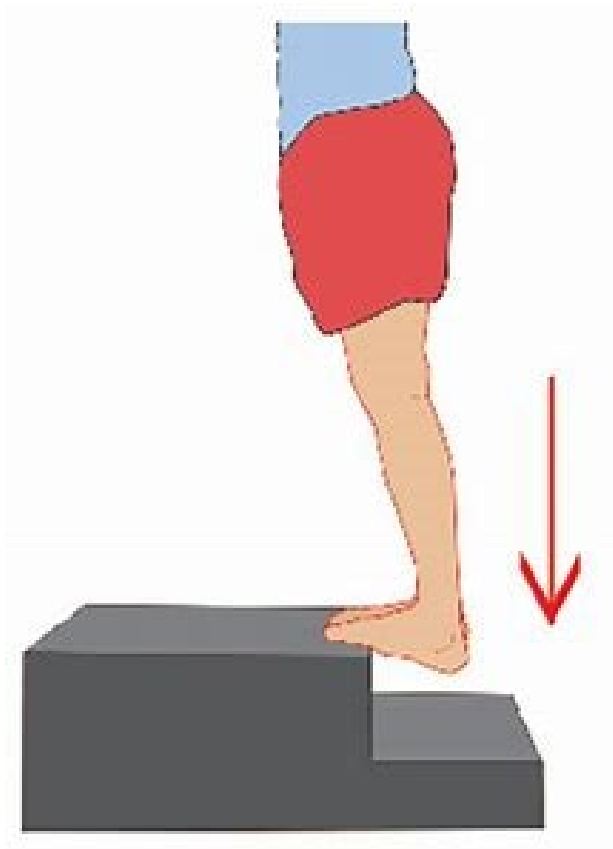
- Work for 2 x 60 seconds with 30 seconds rest in between
- 60 seconds 1 x left leg lead – 1 x right leg lead
- Quick movement of the feet up and down

Plank



- 3 x 30 Seconds
- Option 1 Feet on the floor
- Option 2 Feet on the bottom Step

Stretches:- Calf



Stretches:- Hamstring



Stretches:-Quad

