

the step it up stair workout

This circuit alternates cardio-focused moves with strength exercises. Complete it from top to bottom, then rest and repeat another 3-4 times depending on your fitness level and how much time you have. Aim to get your heart rate up on the cardio-based exercises (purple) and slow things down in order to focus on muscle contraction for the strength-based ones (green).

Run single steps up stairs, jog back down

Lunges - rear foot on step	10/side
Stair burpees	15
Bodyweight squats - one foot on step	10/side
Run double steps up stairs, jog back down	
Push-ups - toes on steps	10
Jump squats up and down stairs	20
Triceps dips - hands on edge of step	10/side
Single-leg hop up stairs, easy jog down (right side)	
Tripod high plank - hands on step	30s/leg
Single-leg hop up stairs, easy jog down (left side)	

2 mins rest, repeat 3-4x.