Stairs Workout

Use your stairs in your home or some steps outside.
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 fall
- 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