

Beginner

WALK UP STAIRS
BENCH PUSHUPS 15

WALK UP STAIRS
SINGLE LEG LUNGE R 10-15
SINGLE LEG LUNGE L 10-15

WALK UP STAIRS
TRICEP DIPS 15

Intermediate

JOG UP STAIRS
BENCH PUSHUPS 15-20

JOG UP STAIRS
SINGLE LEG LUNGE R 15

JOG UP STAIRS
SINGLE LEG LUNGE L 15

WALK / JOG UP STAIRS
TRICEP DIPS 15

Advanced

JOG UP STAIRS
BENCH PUSHUPS 15-20

JOG UP STAIRS
SINGLE LEG LUNGE R 15

JOG UP STAIRS
SINGLE LEG LUNGE L 15

JOG UP STAIRS
TRICEP DIPS 15

Complete circuit 2x

Stair Workout


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