



STAIR WORKOUTS

1. **Stair Running** – Run up the stairs as quickly as you can while maintaining safety. You can walk down or quickly jog, but running down stairs is not advisable.
2. **Two Flights at a Time** – Move quickly, going up 2 steps at a time instead of one. Even walking going up 2 steps at a time is going to switch things up for you.
3. **One Flight Two Foot Hops** – Instead of taking the stairs one foot at a time, take them two at a time, going up one flight at a time. When doing this hop, make sure that your entire foot lands on the stair without the heel hanging off the back.

If you are doing this workout at home or on a set of stairs that is not crowded:

4. **Two Flights Lateral Squat Climb** - Turn so your right side is facing the stairwell and place your right foot on the second step. With your weight in your heels and your core tight, press your hips back and perform a squat, lowering your glutes toward the stairs. Press back to standing and shift your weight to the right, stepping your left foot up onto the first step before taking another step up the stairs with your right foot. Perform another squat, and continue all the way up the stairs. Walk or jog comfortably back down the stairs. On your next flight, turn your body the opposite way to lead with your left leg.



5. **Bulgarian Split Squats** - Stand facing away from the stairwell, placing the top of your right foot on the second or third stair (whichever feels most comfortable). Stand balanced with your weight primarily in the heel of your left (front) foot. Tighten your core and bend both knees, lowering your back knee toward the floor. Reach your hands toward the ground on either side of your left foot. Press through your left heel and return to standing. Complete all 10 reps to one side before switching legs.

6. **One Flight Squat Jacks** - Stand facing the stairs, your feet slightly wider than shoulder-distance apart, your toes angled slightly outward. With your weight in your heels, squat down, then jump up into the air as you draw your legs together, landing on the first step with your feet side by side. Immediately lower yourself into a narrow-leg squat, pressing your hips back and keeping your core tight. Jump into the air again, spreading your legs before you land on the next step in a wide-legged position. Continue this squat jack sequence all the way up the stairs. If jumping is too hard, step it out, stepping your legs wide, then narrow, performing a squat on each step. Walk or jog at a comfortable pace back down the stairs.