

Stair Master Workout

Created by Jenny Houlahan <http://fitnesshealthandfood.com/>

- Find a set of stairs either inside or outside.
- Drink water as needed
- Follow the exercise notes below.
- Use caution when going up and down the stairs, safety is much more important than speed.
- If any move hurts do not do it.
- If at any point you feel the need to slow down, take a break, or stop, please do so. Your health and safety is most important.

Stair Master Workout Exercises with Notes

- **Steps ups:** Step up to first or second step and back down
- **Push ups:** modify as needed on the ground or using the steps
- **Elevated squats:** 1st half of reps performed with left leg on first step, right leg on the ground. 2nd half of reps performed with right leg on first step, left leg on ground.
- **Triceps dips:** Performed with hands on first or second stair.
- **Elevated stationary lunges:** Perform 1st half of reps with right leg forward, left leg back and elevated on first step. Perform 2nd half of reps with left leg forward, 15 with right leg back and elevated back on first step.

P.S. 'W/R/J' = Walk, run, or jog

Stair Master Workout Warm Up: 5 minutes of walking/jogging/running

Set #1

Between each set of exercises perform:

1 x W/R/J up the stairs ONE step at a time

1 x W/R/J up the stairs TWO steps at a time

- 30 steps ups
- 30 push ups
- 30 elevated squats
- 30 triceps dips
- 30 elevated stationary lunges

Set #2

Between each set of exercises perform:

2 x W/R/J up the stairs ONE step at a time

2 x W/R/J up the stairs TWO steps at a time

- 20 steps ups
- 20 push ups
- 20 elevated squats
- 20 triceps dips
- 20 elevated stationary lunges

Set #3

Between each set of exercises perform:

3 x W/R/J up the stairs ONE step at a time

3 x W/R/J up the stairs TWO steps at a time

- 10 steps ups
- 10 push ups
- 10 elevated squats
- 10 triceps dips
- 10 elevated stationary lunges

Cool Down: 5 minute easy run/jog/walk

Awesome job!