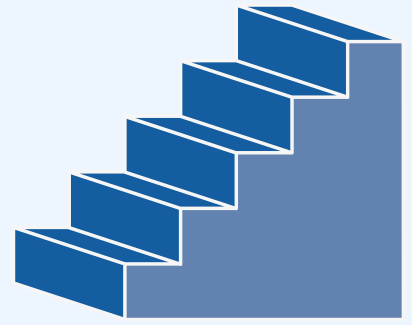




15 For Me.

20 Minute Stair Climber Workout



5 Minute Warm Up

Climb the stairs at a moderate pace. About 50% of your max effort.

The Workout

Pick up the pace to 70% effort.

3 minutes

Skip one step.

2 minutes

Skipping one step, kick back with free leg to engage the muscles as you climb.

2 minutes

Lateral step ups on right side.

1 minute

Forward single steps.

2 minutes

Lateral step ups on left side.

2 minutes

Forward single steps.

1 minute

Skip one step squat jumps.

*This is an advanced move

Option to just climb stairs.

2 minutes

Forward Steps.

Recommend 5 minute cool down

If you have questions about these exercises, email 15forme@enrichvisits.com, where a certified health coach is available to provide you with additional support.