

STAIR CLIMBING WORKOUT IDEAS



Beginner

Walk, jog, or run up and then walk back down. Rest and repeat.

Circuit

Do a set of exercises on each landing as you ascend. For a workout that is twice as effective, do the same on your descent too!

Ladder

Walk, jog, or run up to the first landing and then back down. Then, do the same to the second landing and back down. Turn around and then run up to the third landing and back down. Remember to take a pause when needed. Keep going up one landing at a time, until you reach the top. Trot back down to ground level, give yourself time to recover, and repeat the whole thing again.

Partner

With a partner, perform a bodyweight exercise while your partner walks, jogs or runs up the stairs and back down. Swap tasks with your partner and repeat. Take turns to select the exercise to be performed at the bottom of the stairs.

Sideways

Instead of simply walking, jogging, or running forward up the stairs, try walking sideways. When climbing the stairs sideways, do not let your feet cross - always lead with your high foot. Changing the direction of our stair climbing will work different muscles.

Time

Set a time frame for your workout and see how many times you can go up and down the stairs. Give it your best and try to best your record each time you repeat this workout.