



**15 For Me®**

# STAIR WORKOUT

This can be done at home, or anyplace where stairs are available.



## Instructions:

- Repeat 5 times
- Up to 2 minute rest between sets
- Minimize rest to increase intensity



**20 toe taps**



**20 steps  
ups  
(alternating)**



**10 step  
jumps**



**10 split squats  
(alternating)**



**20 stair  
climbers  
(alternating)**



**10 calf  
raises**

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