

5th Exercise of the Month

May 2017

Stairwell Work Out

Purpose: Calorie burn and muscle tone

Target Muscles: Total Body

How it Works: Perform 8 repetitions of each exercise before progressing to the next. Repeat all 4 exercises in order for 3 rounds. Time yourself to see how long it takes you to get through the work out, and then beat it next time.



1. **Stair Run:** Quickly run up and slowly jog down the stairs touching every step, or every other for extra difficulty. 1 staircase = 1 repetition.

2. **Mountain Climber + Push Up:** Lean into the stairs and place hands on stairs at chest height, shoulder width apart. Rise up onto your toes so you are balanced on your hands and toes. Keep your body straight and draw your right knee to your chest. When your right foot returns to the floor, draw the left knee to your chest. Bend your elbows to lower your core toward the step until your elbows are at a 90 degree angle. Push back up.

3. **Skater Steps:** Place your left foot on the far left end of the second step. Follow with your right leg, bringing it to the far-right end of the fourth step. Continue climbing, taking the stairs two at a time with wide steps while keeping your head up. 1 staircase = 1 repetition.

4. **Triceps Dip + Straight Leg Lift:** Sit on the second step with your hands on the step next to your rear, fingers pointing toward toes. Keep one foot flat on the floor with knee bent, and the other leg straight, heel hovering over the floor. While straightening your arms to lift your butt off the lower step, lift the straight leg up as high as you can. Bend elbows to lower your rear and straight leg toward the ground.



Beginner: Perform the Triceps Dip with both feet flat on the floor the entire exercise.

Advanced: Perform the Mountain Climber + Push Up with your feet elevated on a step and your hands on the floor.



From Corporate Fitness Works Team Leader, Natalie Gish

Corporate Fitness Works, Inc.