

“MORE STAIRS” WORKOUT:

1. 3 FLIGHTS- SINGLE STEPS
2. WALL SQUAT HOLD 30 SEC
3. 3 FLIGHTS- DOUBLE STEPS
4. SIDE PLANK HOLD 30 SEC EACH
5. 3 FLIGHTS- SINGLE STEPS
6. V-SITUPS 20X
7. 3 FLIGHTS- DOUBLE STEPS
8. BAND PULLS 20X
9. 3 FLIGHTS- SINGLE STEPS
10. BAND ROTATIONS 15 EACH
11. 3 FLIGHTS- DOUBLE STEPS
12. BAND CHEST PRESS-STAGGERRED STANCE 16 REPS.