

STAIR CIRCUIT



SETUP

Find someplace with stairs available to you, preferably a longer more open set of stairs

- Side of many of the bridges on campus are a good spot, (so is the capitol building lol)
Stadium stairs work good for this too, outside im west could work in a pinch
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STAIR SET

- High knees up stairs
 - [Duck walk](#) back down
 - Fast feet up stairs, both feet touch every step, drive those arms
 - Jog back down
 - Lunge up the stairs
 - ◆ (you will need to go at an angle, this is why you want some space, if there are bleacher seats they work really good for these)
 - [Duck walk](#) back down
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REST

Do a stair set before resting just enough to catch your breath, this can vary greatly depending on your conditioning and how many steps you elect to do. (I recommend 20 or so)

Do 5 sets with rest after each, your free to do more if you wish

TIPS

Wear supportive shoes and listen to your body, pain is good, joint pain is bad, save your shins

You should go slow for the duck walk and lunges

You should go quick feet with good arm drive for the fast feet and high knees up stairs

The Rocky pose after finishing this will feed families