



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



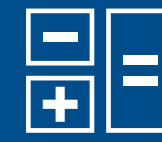
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TAKE IT TO THE STAIRS WORKOUT

NutriForce sponsored athlete Sarah Kesseli wants you to get outside and get moving. Head to your nearest set of stairs for this intense, calorie blasting workout.

Link to Workout: <https://www.muscleandstrength.com/workouts/take-it-stairs-workout>

Main Goal: General Fitness

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 1 Days

Time Per Workout: 30-45 Mins

Equipment: Bodyweight

Author: Sarah Kesseli

Take it to the Stairs

Exercise	Reps
4 Runs Up the Stairs (Single Step)	-
Incline Push Ups	20
Triceps Dips	20
4 Runs Up the Stairs (Double Step)	-
Split Squats	20 Each Leg
Single Leg Calf Raises	20 Each Side
4 Runs Up Stairs (Single Step)	-
Stair Squat Jumps	20
Decline Push Up	20
Repeat until you can't any more!	