



**MAKE
YOUR
PARK
YOUR
GYM**



CLIMB

**STAIR WORKOUTS
JUST GOT WAY
MORE INTERESTING**

This document
corresponds to a
video of the
same name
on programfit.com

Skip ahead to page 9
for explanation on
how best to use this
template.



1. EVERY STEP



-plain ol' way to tackle stairs
-add intensity by adding speed

2. ARMS OVERHEAD



-avoid over-arching the back

3. EVERY OTHER STEP



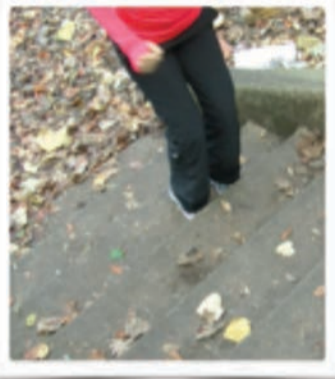
-or 3, depending on leg length

4. EVERY OTHER STEP,
ARMS OVERHEAD

5. DOUBLE JUMP



a. begin with feet hip width, bend knees & jump



b. land one level up with knees bent

* low impact option: land with staggered feet

6. DRAG BEHIND, RIGHT LEAD



a. R foot steps up two levels



b. L foot steps up one level



c. R foot always stays level ahead

7. DRAG BEHIND,
LEFT LEAD

8. IN & OUT, RIGHT LEAD



a. begin feet wide



b. step R foot up one level and in



c. step L foot up one level and in



d. step R foot up one level and out



e. step L foot up one level and out

9. IN & OUT, LEFT LEAD

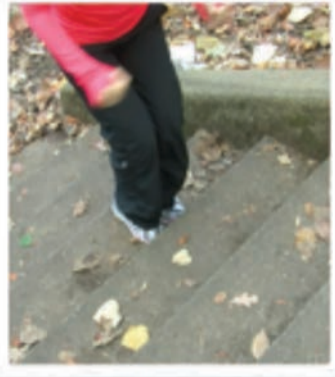
10. IN & OUT, JUMPING



a. begin feet wide & bend knees



b. jump up one level



c. land with bent knees & feet together



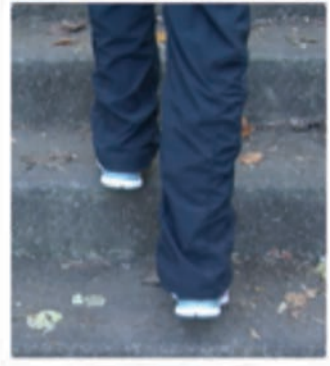
d. jump up one level



e. land with bent knees & feet wide

* low impact option: land with staggered feet

11. CHA CHA



a. step up one level with L, weight on front foot



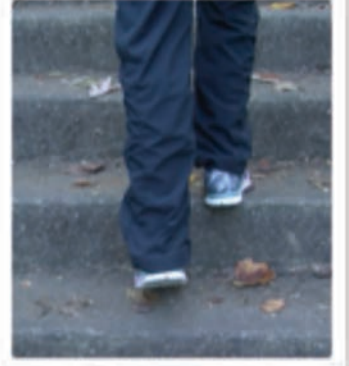
b. shift weight to back foot



c. shift weight to front foot



d. lift back foot up



e. place it ahead of L foot and shift weight to it



f. shift weight to back foot



g. shift weight to front foot



d. lift back foot up to begin again

* to increase intensity and agility challenge, increase speed & lift knees higher

12. WIDE, EVERY STEP



-hit every step with feet wider than hips

13. WIDE, EVERY OTHER STEP

-or 3, depending on leg length

14. HAMSTRING CURLS, EVERY STEP



a. step R foot up one level



b. lift L foot behind option - reach foot with opposite hand



c. step L foot up one level



d. lift R foot behind option - reach foot with opposite hand

15. HAMSTRING CURLS, EVERY OTHER STEP

-or 3, depending on leg length

16. PUSH UP, JUMP UP



a. begin in plank



b. perform push-up



c. return to plank



d. bend knees, jump both feet in the air



e. land with both feet one level up



f. jump both hands to land one level up



g. return to plank

17. LATERAL DRAG BEHIND, RIGHT LEAD



a. begin facing side with feet on separate levels



b. step R foot up one level



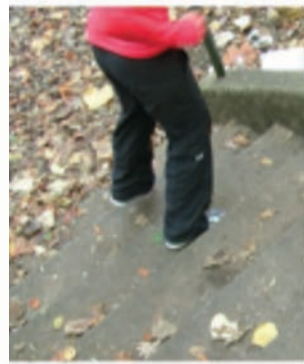
c. step L foot up one level. (R foot always remains ahead of L)

18. LATERAL DRAG BEHIND, LEFT LEAD

19. LATERAL RUNNING KNEE, RIGHT LEAD



a. begin facing side with R knee lifted



b. place R foot one level up



c. step L foot up one level, simultaneously displacing R foot



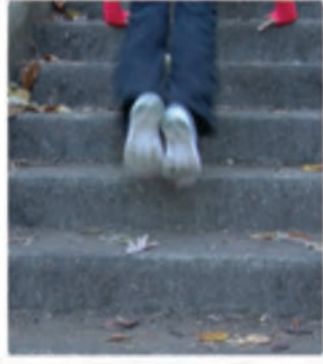
d. R knee lifts to begin again

20. LATERAL RUNNING KNEE, LEFT LEAD

21. PLANK WITH AIR JACKS



a. begin in plank, feet wider than hips & bent knees



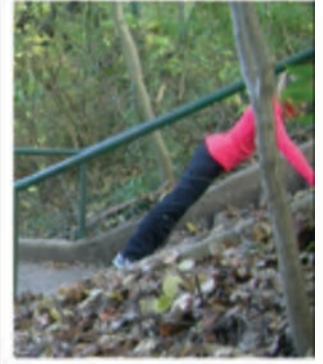
b. jump feet up and touch insoles together



c. land one level up with feet wider than hips & knees bent



d. jump both hands to land one level up



e. straighten to plank, ready to begin again

22. TRIPLE TAP, EVERY STEP



a. begin with weight on L foot, tap R foot one level ahead



b. tap R foot next to L foot



c. tap R foot one level down



d. lift R foot so it lands one level ahead of L to begin sequence on other side

23. TRIPLE TAP, EVERY OTHER STEP

-tapping sequence stays the same, this time stride ahead (picture "d" from #22) at least 2 levels

24. CROSSOVER, RIGHT LEAD



a. begin facing side with R foot on level ahead of L

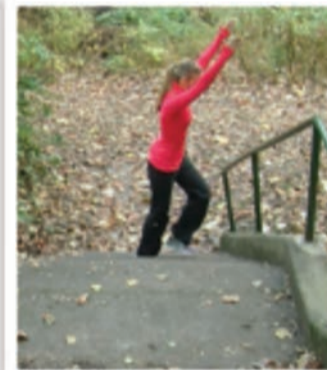


b. cross L foot over R and land one level above R



c. R foot steps ahead to land one level above L

25. CROSSOVER, RIGHT LEAD, OVERHEAD ARMS



28. FRONT KICKS



a. begin with L foot 2 levels ahead of R



b. lift R knee at or near hip height



c. extend R leg front, place down 2 levels ahead

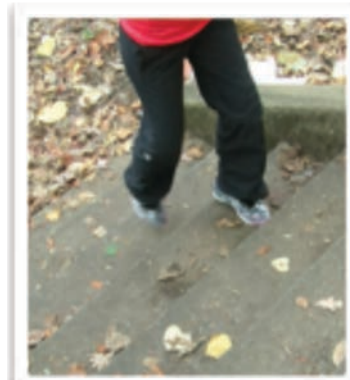


d. begin sequence on other lead leg

26. LEFT CROSSOVER

27. ADD OVERHEAD ARMS

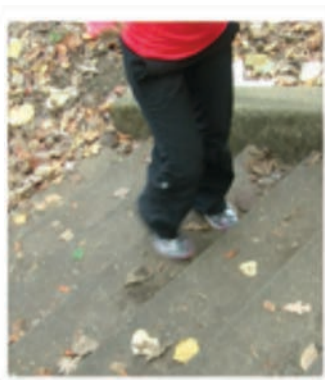
29. SIDE TAPS, RIGHT LEAD



a. begin with L foot one level ahead of R



b. bend L knee, lift R foot up one level & extend to tap out to R



c. bring R foot back next to L foot

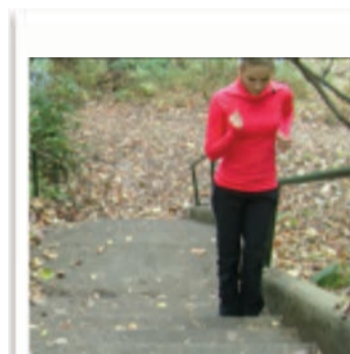


d. lift L knee so it is ready to begin sequence again

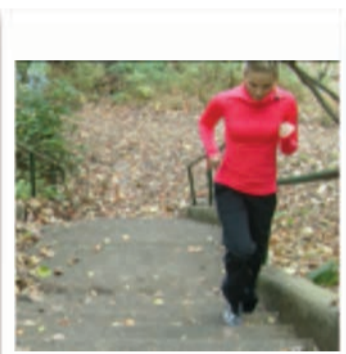
30. SIDE TAPS, LEFT LEAD

* increase the intensity by trying to tap the toe farther to the side while increasing speed

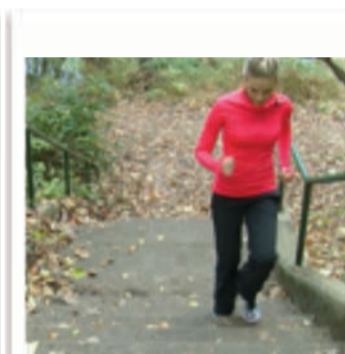
31. PONY TAPS



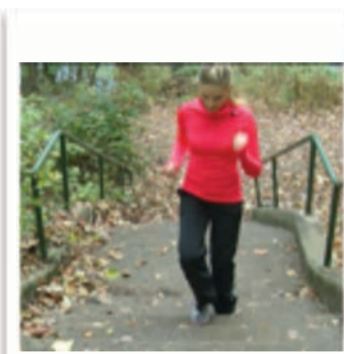
a. begin with feet parallel & L side of body near the railing



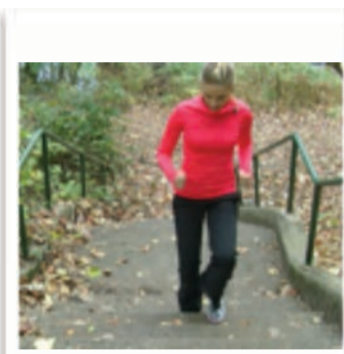
b. tap R toe one level ahead (do not put weight on it)



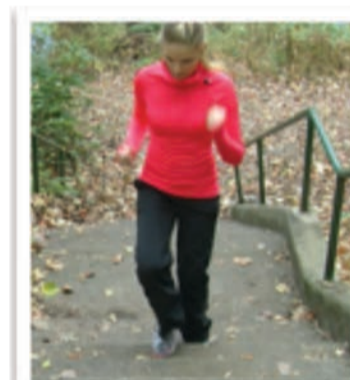
c. step R foot down & to the R side, L foot taps up



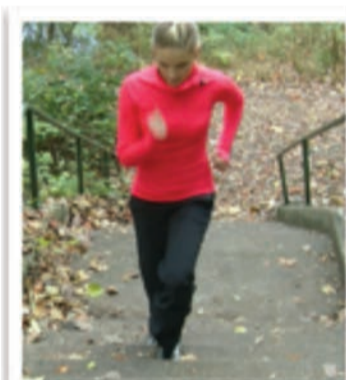
d. step L foot down, R foot taps up



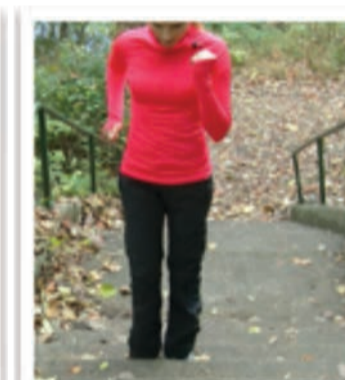
e. step R foot down, L foot taps up



f. step L foot down & tap R foot up



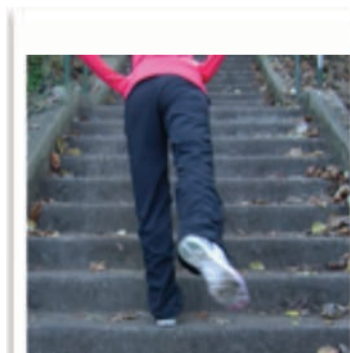
g. step R foot down & bring L foot up ready to receive weight



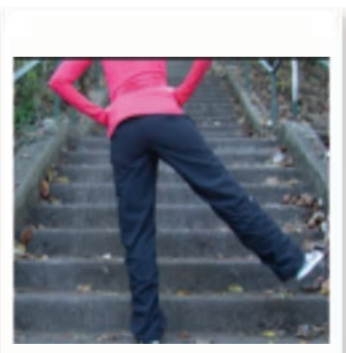
h. step R foot up next to L, ready to begin moving sequence back toward railing

* to help you learn, use the phonetic cue "1,2,3,4,5,6, up"

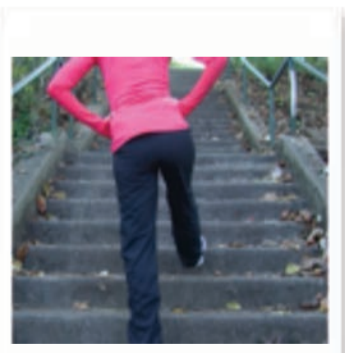
32. LEG SWINGS



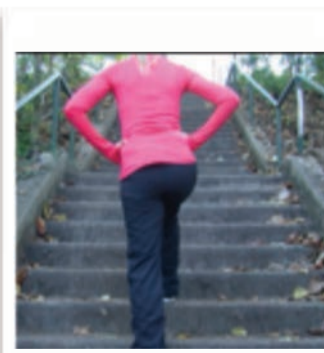
a. begin with L foot 2 levels ahead of R, lift R leg to the rear



b. swing it around to the side



c. continue swing to front



d. put R foot down 2 levels ahead of L foot, begin sequence on other leg

33. KNEE LIFTS, ALTERNATING ARMS

34. KNEE LIFTS, ARMS OVERHEAD

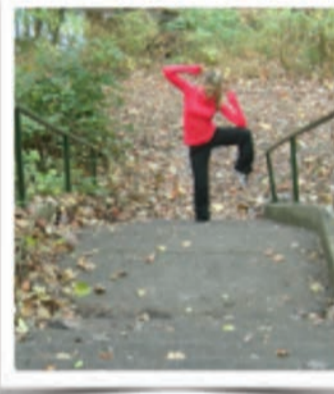
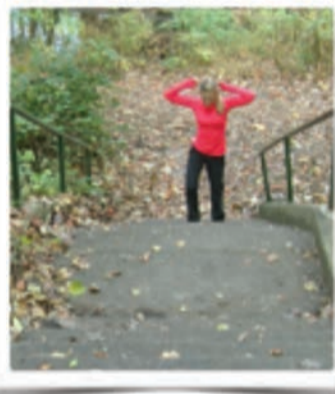
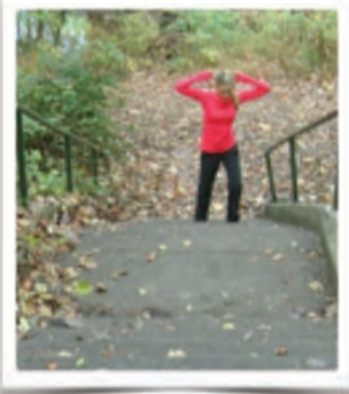


a. lift L knee up, pull R hand to meet knee

b. put R foot down one level ahead, repeat on other leg/arm

* to increase intensity, turn knee lifts into a high knee "jog"

35. OBLIQUE CRUNCHES



a. step L foot one level ahead

b. lift R knee to R side, lean side to reach R elbow to knee

c. put R foot down one level ahead

d. repeat knee lift, elbow reach with L

36. SQUAT REACHES, RIGHT LEAD



a. begin in squat

b. step R, then left foot up one level & end in squat

c. reach R hand to touch step a few levels ahead

37. SQUAT REACHES, LEFT LEAD

* to increase intensity, jump both feet to squat at the same time

38. DIAGONAL REAR, RIGHT LEAD



a. begin with feet side-by-side, toes facing slightly diagonal

b. step backward/sideways up on level with R foot

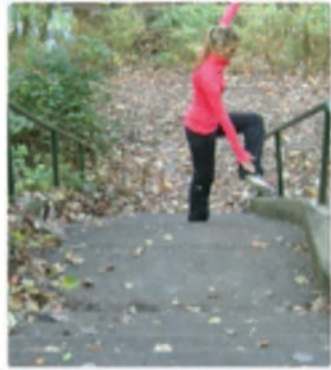
c. place L foot next to R, ready to begin again

39. DIAGONAL REAR, LEFT LEAD

40. INSOLE TOUCH, RIGHT LEAD



a. begin sideways with arms overhead, place R leg up one level



b. lift L foot up & reach R hand to touch L insole



c. place L foot down in front of - and on same level - as R



d. pick R foot up & place it one level up, ready to begin sequence again

41. INSOLE TOUCH,
LEFT LEAD

42. SIDE KICK, RIGHT LEAD



a. begin with feet parallel, facing sideways



b. kick R leg straight in front, reach hands (not shown) toward kicked foot



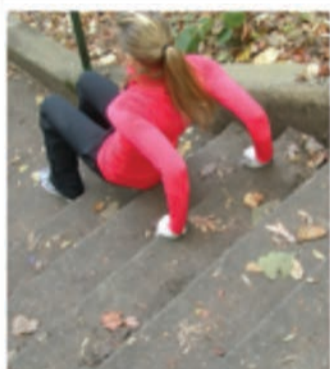
c. place it down one level ahead, leaving enough room for R foot



d. step L foot next to R & prepare to begin again

43. SIDE KICK,
LEFT LEAD

44. TRICEPS CRAWL, LEFT LEAD



a. begin with hands 3-4 levels ahead of feet, do triceps dip



b. bring L foot up one level, followed by the R foot



c. bring L hand up one level

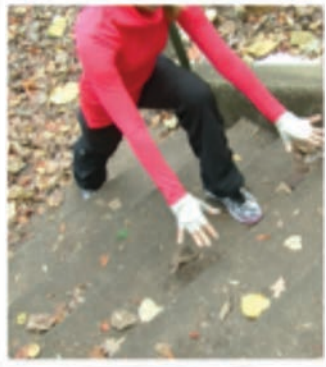


d. then R hand. Ready to repeat triceps dip again

45. TRICEPS CRAWL,
RIGHT LEAD

*44 and 45 can be condensed by alternating right and left leads

46. YOGA-INSPIRED STRETCH



a. step L foot up 2-3 levels ahead & reach hands one level ahead of feet



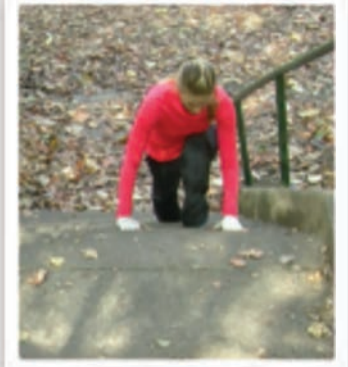
b. sink hips forward into lunge



c. twist & reach L hand in air, option to look up



(alternate view of c.)



d. return to lunge



e. shift weight back and into R leg, straightening both legs & lengthening back



f. lift R foot up & bring it forward



g. R foot lands in lunge to begin sequence again

* Hold each pose between 5-30 seconds each, depending on length of staircase. The fewer reps on each side, the longer you hold the pose.

Read this first!

The previous workout is a template only - pick and choose the exercises that fit your timeframe, goals, abilities, and location. Depending on the length of your staircase you may choose to repeat each exercise. Try them, and use the following few pages to make notes about which ones work for you, any tweaks you make so they do work for you, and how many reps you complete of each, etc. Once you've decided on your chosen workout, the next time you attempt it, time yourself to see how long it takes you to complete the list. Use that as a baseline for improvement.

Things to note:

1. Just in case it's not obvious - these notes use the terms "R" & "L" for right and left.
2. Before diving into this workout, complete a warm up first via some light walking or jogging, etc.
3. Ascend the steps doing the exercise depicted, then use the descent as your recovery.
4. To avoid slipping, place as much of your foot as possible on the step during each exercise.
5. For safety, hold handrail and take each step one at a time during the recovery.
6. Brace abdominals and maintain breathing throughout.
7. Hydrate often.
8. Don't do anything that doesn't feel right or hurts. Use common sense and exercise at your own risk.

	Exercise	Notes
1	Every step	
2	Every step, overhead arms	
3	Every other step	
4	Every other step, overhead arms	
5	Double jump	
6	Drag behind, right lead	
7	Drag behind, left lead	
8	In & out, right lead	
9	In & out, left lead	
10	In & out, jumping	
11	Cha cha	
12	Wide, every step	
13	Wide, every other step	
14	Hamstring curls, every step	
15	Hamstring curls, every other step	
16	Push up, jump up	
17	Lateral drag behind, right lead	
18	Lateral drag behind, left lead	
19	Lateral running knee, right lead	
20	Lateral running knee, left lead	

21	Plank with air jacks	
22	Triple tap, every step	
23	Triple tap, every other step	
24	Crossover, right lead	
25	Crossover, right lead, overhead arms	
26	Crossover, left lead	
27	Crossover, left lead, overhead arms	
28	Front kicks	
29	Side taps, right lead	
30	Side taps, left lead	
31	Pony taps	
32	Leg swings	
33	Knee lifts, alternating arms	
34	Knee lifts, arms overhead	
35	Oblique crunches	
36	Squat reaches, right lead	
37	Squat reaches, left lead	
38	Diagonal rear, right lead	
39	Diagonal rear, left lead	
40	Insole touch, right lead	

41	Insole touch, left lead	
42	Side kick, right lead	
43	Side kick, left lead	
44	Triceps crawl, left lead	
45	Triceps crawl, right lead	
46	Yoga-inspired stretch	