

Stair Workouts

Get in Shape: Step up

Warning: If you feel any knee pain, refrain from continuing that particular exercise. Avoid the “no pain, no gain” motto and modify with regular walking or any activity that does not cause pain. Safety first!

Stair Walk

Level: Beginner

- Walk up a flight of stairs and walk back down
- Repeat 5 times



Stair Jog

Level: Intermediate

- Jog up a flight of stairs and descend jogging
- Repeat 5 minutes

**Avoid this exercise if you have knee problems

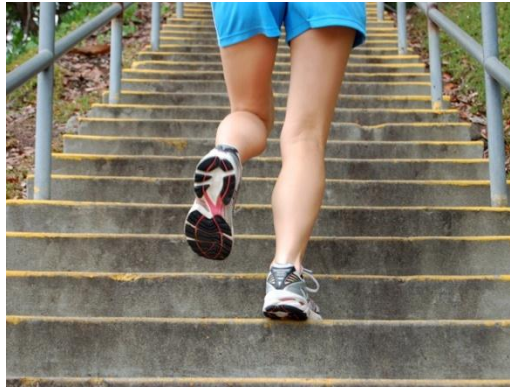


Stair Sprints

Level: Advanced

- Run up the stairs as fast as possible.
- Pump your arms to make this exercise more demanding.
- Carefully walk down and repeat 5 times.

**Avoid this exercise if you have knee problems



Side Step Ups (Alternate sides)

Level: Beginner

- Position with feet close together
- Step up and step down
- Complete 30 step ups → 15 starting on your left side and 15 starting on your right side
- Repeat 3 times



Stair Lunges

Level: Intermediate

- Climb up one flight of steps, climbing two steps each lunge
- Descend walking and repeat 3 times

Stair Lunges (stable)

Level: Intermediate

- Complete 30 lunges → 15 lunges on the left leg and 15 on your right leg, this would be a set
- Complete 3 sets



Hop Ups

Level: Intermediate

- With **feet shoulder width apart**, jump up on stairs with both feet
- Arms bent at your side to assist in momentum and balance
- Hop up a flight and descend walking
- Repeat 4 times



Two-foot hops

Level: Beginners

- Keep **both feet together** as you hop
- Bend your knees slightly and swing your arms backwards.
- Swing your arms forward and jump upward to land on the next step up.
- Repeat 4 times



Crossover Lunges

Level: Advanced

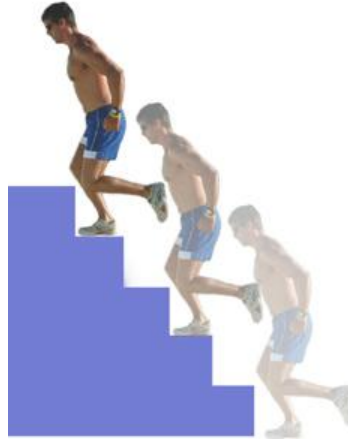
- Complete a cross over lunge, taking the stairs two at a time
- Descend jogging
- Repeat 6 times starting with the opposite leg each flight



Single leg stair hops

Level: Advanced

- Complete a single leg hop up the stairs and descend jogging
- Complete 6 repetitions starting with the opposite leg each flight



Single leg side stair hops

Level: Advanced

- Complete a single leg side hop up the stairs and descend jogging
- Complete 6 repetitions starting with the opposite leg each flight



Stair Intervals

Level: Beginner/Advanced

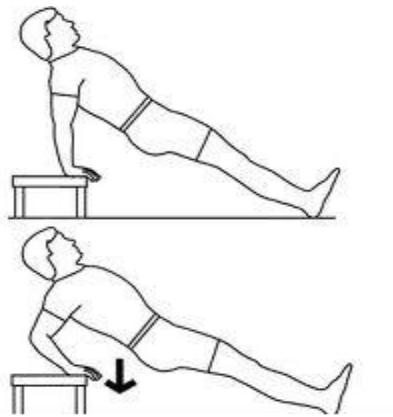
- Combine walking or running up stairs with calisthenic exercises (push-up, lunges, squats, lunges, sit ups)
- Climb one flight and descend, then complete a calisthenic workout
- Complete a rep of 15 for each calisthenic exercise
- Repeat 3 times

**Avoid running if you have knee problems

Triceps Dips

Level: Intermediate/Advanced

- Use a step or bench
- While facing away from the step/bench place both palms, shoulder width apart, on the step/bench
- Move your bottom in front of the step/bench with your legs bent or straight (more advanced)
- Bend at your elbows and lower your upper body down towards the floor until your arms are at about a 90 degree angle. Be sure to keep your back close to the bench.
- Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position.
- Complete 3 sets of 15 repetitions



Incline Push-ups

Level: Advanced

- Use a step, bench, or wall
- Approach the step, while facing the step place both hands on the step shoulder width apart and extend your legs out
- Maintain a straight back and feet close together
- Complete 3 sets of 15 repetitions



Step ups

Level: Advanced

- Step up on a step or bench
- As quick as you can complete 30 stationary step ups, while alternating feet
- Rest for 1 minute
- Repeat 4 times



Circuit Library

Circuit 1	Time (23 minutes)
Warm up: Walk up and down the stairs	5 minutes
Speed walk up and down the stairs	3 minutes
Begin lunging up the flight of stairs and descend (complete 4 times)	~5 minutes
Jog up and down the stairs	5 minutes
Complete 30 dips and 30 incline push- ups	~2 minutes
Cool down: Walk up and down the stairs	3 minutes

Circuit 2	Time (21 minutes)
Warm up: Walk up and down the stairs	4 minutes
Speed walk up and down the stairs	3 minutes
Begin two foot hops up the stairs and descend (complete 4 times)	~5 minutes
Move into stair intervals- Run up and descend jogging, complete 20 lunges	~2 minutes
Repeat interval, followed by 20 squats	~2 minutes
Repeat interval and complete 15 incline pushups	~2 minutes
Cool down: Walk up and down the stairs	3 minutes

Circuit 3	Time (20-25 minutes)
Warm up: Walk up and down the stairs	4 minutes
Speed Walk up and down the stairs	3 minutes
Climb stairs two at a time/walk or jog down (Repeat 3 times)	~5 minutes
At bottom of stairs after 3rd set of the above, complete: - 3 sets of: <ol style="list-style-type: none"> 1) 10 squats 2) 10 squat jumps 3) 10 pushups 4) 10 mountain climbers 	5-10 minutes
Cool down: Walk up and down the stairs	3 minutes

Circuit 4	Time (17 minutes)
Warm up: Walk up and down the stairs	4 minutes
Speed walk up and down the stairs	3 minutes
2 sets of: Split squat (one foot on step, one foot on floor) 30 sec slow-Repeat on the other side	1 minute
2 sets of: Split squat with knee lift 30 sec pick up pace- Repeat on the other side	1 minute
2 sets of: Split squat with knee lift -> add hop 30 sec (avoid hop if have knee problems)- Repeat on the other side	1 minute
2 sets of: Inclined pushups	1 minute
2 sets of: Plank to frog hop (feet from plank position to step)	2 minutes

2 sets of: declined pushups	1 minute
Cool down: Walk up and down the stairs	3 minutes

Circuit 5	Time (21 minutes)
Warm up: Walk up and down the stairs	4 minutes
Speed walk up and down the stairs	3 minutes
Walking lunge up the stairs/ jog down (3 times)	~3 minutes
- At bottom of stairs –	~5 minutes
<ul style="list-style-type: none"> ○ alternating reverse lunge off bottom stair (30 sec) ○ toe taps (30 sec) <ul style="list-style-type: none"> ▪ progression- add arms overhead ○ lateral leaps (30 sec) ○ repeat 3 times 	
Plank hold	1 minute
Side plank hold (right and left)	2 minutes
Cool down: Walk up and down the stairs	3 minutes

Exercise Safety Guidelines and Recommendations

In the interest of your safety, it is important to check with your physician before beginning any exercise program if you have a chronic health condition or injury. Always exercise according to your fitness level and capabilities. If you have any questions, please seek the guidance of a health professional.

Start slow. If you are new to exercise, focus on proper body alignment, form, and gradually increase your activity frequency, intensity, and duration.

Pain is not good. Exercise should require some effort and be a little uncomfortable; however, pain of the sharp, acute, or recurring kind, is a warning sign you should not ignore. If you have continuing pain during exercise, stop and don't continue unless you can do so painlessly. If the pain occurs in the chest or neck area, you should contact your physician immediately.

Watch your form and posture. Keep your back aligned with a neutral spine.

Control your movements. Rapid, jerky movements can set the stage for injury. Proper form and body alignment is essential for preventing injury and making sure the correct muscles are working.

Wear proper footwear. Nothing will derail a workout program faster than wearing the wrong, worn-out, or ill-fitting shoes. This places added stress on your hips, knees, ankles, and feet.

Breathe. Proper breathing techniques are essential when training. Never hold your breath.

Stretch sore muscles. You may feel soreness after your sessions. Stretching will help relieve soreness and prevent injury. Hold stretches for 30 seconds without bouncing or jerking. Tip: Use a towel to bridge the distance between your hands if you cannot comfortably connect them. Ease yourself into the stretch, relax, and don't push or bounce. You should feel a stretch in the muscle but not pain.

Drink water. Make sure to drink water before, during, and after exercise, especially during higher temperatures.

Modify the workout. Depending on your fitness/skill level, the above workouts can be modified (slower pace, no jumping/hopping).

If you have any questions, contact Julie Chobdee, Wellness Program Coordinator, x2-1488 or Julie.Chobdee@ucr.edu or Michelle Sansone, Fitness and Wellness Coordinator, Recreation Center, x2-2286 or Michelle.Sansone@ucr.edu.