

Lower Body Stairs Workout



Workout of the day





Lower Body Stairs Workout

Use the stairs in your house, your front steps or a curb

Repeat each exercise for the designated number of reps. Complete each 2-exercise circuit 1-4 times without breaking before moving on.

After each 2-exercise circuit is accomplished finish the circuit with: 45 seconds of toe taps and break for 45-60 seconds before moving onto your next circuit.

** Be sure to use the handrail if you do not feel steady in any of the movements



Lower Body Stairs Workout

Circuit 1

20 Step-ups Left And Right Foot

20 Mountain Climbers

Circuit 2

5 x 5 Step-up Repeaters (Left And Right Foot)

2 X Lunges Up The Stairs Or 20 Walking Lunges

Circuit 3

15 Raised Split Squats

15 Squats Or Jump Squats

Circuit 4

15 Bulgarian Split Squats (Left And Right)

20 Pulsing Sumo Squats

Circuit 5

15 Pulsing staggered Wide Squats (Left And Right)

20 Reverse Lunges Or Jumping Lunges

Circuit 6

20 Side Leg Raise

20 Calf Raises

Circuit 7

10 Each Direction Side Leg Circles

12 45degree leg raises

Circuit 8

2 X Lunges Up The Stairs Or 12 Walking Lunges

20 Step-up Repeaters (Left And Right Foot)

Step-ups

- Stand tall with feet shoulder-distance apart in front of a step.
- Tighten your core and place your left foot flat on the step while keeping your spine straight.
- Shift your weight onto the left foot.
- Breathe out, and press through the left heel and move your body up onto the step.
- Place the right foot entirely on the step. Breathe in, and then slowly lower your left foot to the floor.
- Return the right foot to the floor to return to your standing position.
- Continue leading with the left leg until you've completed your goal number of repetitions, then repeat on the opposite side.



Mountain Climbers

- Get into a plank position, making sure to distribute your weight evenly between your hands and your toes.
- Check your form—your hands should be about shoulder-width apart, back flat, abs engaged, and head in alignment.
- Pull your right knee into your chest as far as you can.
- Then switch, pulling that knee out and bringing the other knee in.
- Keeping your hips down, run your knees in and out as far and as fast as you can. Alternate inhaling and exhaling with each leg change.



Step-up Repeaters

- Step up on bench with lead foot.
- Bring other foot up and do a knee lift.
- Bring the same foot down and tap the floor lightly.
- Raise the same foot back into a knee lift, repeat for 5 reps then switch legs, repeating until both legs have done 20 reps.



Lunges Up The Stairs

- Face upstairs with feet hip width, hands on hips or clasped in front of chest.
- Step up onto stair with right foot and shift hips forward to lunge so knee forms a 90-degree angle.
- Press into right heel to push weight back and return to starting position.
- Repeat on the other side. Continue alternating legs.



Walking Lunges

- Stand upright, feet together, and take a controlled step forward with your right leg, lowering your hips toward the floor by bending both knees to 90-degree angles. The back knee should point toward but not touch the ground, and your front knee should be directly over the ankle.
- Press your right heel into the ground, and push off with your left foot to bring your left leg forward, stepping with control into a lunge on the other side. This completes two reps.



Raised Split Squats

- Place your front foot on something higher than the ground.
- Find a comfortable stance. Don't try to do a split or be a ballerina. About 12-16 inches between your feet is enough distance. As you build mobility and strength you can elongate the stance.
- Focus on efficiently dropping your back knee to the ground. You want to drop the back knee straight to the ground, with no forward momentum.
- Drive all your weight through the front foot, with an emphasis on the heel. Do not let your heel elevate or leave the platform.
- Pause and repeat



Squats Or Jump Squats

- Squat:

- Stand with your feet about shoulder-width apart.
- Hinge your hips to sit your butt back and bend your knees until your thighs are parallel to the ground.
- Drive through your heels to stand back up straight. Squeeze your butt and keep your core tight as you stand.

- Jump Squat:

- Start by doing a regular squat, then engage your core and jump up explosively.
- When you land, lower your body back into the squat position to complete one rep. land as quietly as possible, which requires control.



Bulgarian Split Squats

- Facing away from the stairs, stand tall with your feet shoulder-distance apart.
- Move your left leg backward to rest on a step.
- Inhale, bend your knees, and lower your body.
- Exhale, extend your legs, and return to a standing position.
- Your front knee should be over the center of your front foot. Don't let the knee bend beyond your toes.
- Repeat for the desired number of repetitions before switching to the right leg.



Pulsing Sumo Squats

- Start in second position, with your legs opened wide to the sides and your toes turned slightly outward. Placing your hands on your hips, bend your knees, going as low as you can. Make sure your shoulders remain directly over your hips and your knees are in line with your feet.
- While holding second position, make small pulses up and down, moving about an inch.



Pulsing staggered Wide Squats

- Start with right leg on upper step, left leg on lower step, and feet wider than shoulder width. Squat by sending hips back, keeping chest upright, and bending knees.
- Lower as far as your mobility allows, pressing into right heel, raise up 3-4 inches and lower yourself back down.
- Return to starting position by straightening both legs.



Reverse Lunges Or Jumping Lunges

- **Reverse Lunges:**

- Stand upright, with your hands at your hips.
- Take a large step backward with your left foot.
- Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle. Your left knee should be bent at a 90-degree angle and pointing toward the floor with your left heel lifted.
- Return to standing by pressing your right heel into the floor and bringing your left leg forward to complete one rep.

- **Jumping Lunges**

- Starting standing with feet shoulder-width apart. Jump your left leg forward and your right leg back into a lunge, with both knees at 90 degrees.
- Jump up and switch your legs in midair so that you land in a lunge with your right leg in front.
- Continue jumping back and forth, pausing as little as possible.



Side Leg Raise

- Lie on your left side. Extend your legs outward.
- Put your left hand on the floor to support your head. And bring the other hand to your hip.
- Tighten your abs.
- Raise your right leg and lower it.



Calf Raises

- Standing up straight on a stair or bench, place the toes on the edge.
- Sink through your heels, allowing stretching out the calves.
- Press up through your toes, lifting up your heels and squeeze the calves hard.
- Repeat



Side Leg Circles

- Lie on your right side with your right upper arm on the floor and your head resting on your right hand.
- With knees straight, bend at your hips so your legs and torso form a slight angle.
- Raise your left leg 6 to 8 inches and make small forward circles from the hip, raising the leg higher with each one.



45degree Leg Raises

- Lie on one side with your lower arm on the floor and upper hand in front of your body for support.
- Bracing your abs, bring your bottom leg 45degrees in front of your top leg, letting the inside of your top foot rest on the ground. Then lift the upper leg up to the ceiling, keeping your hips stacked. Pause and then lower the leg.



Don't forget to Stretch!

Hold each stretch for 30-60 seconds

