

Stairway to Strength

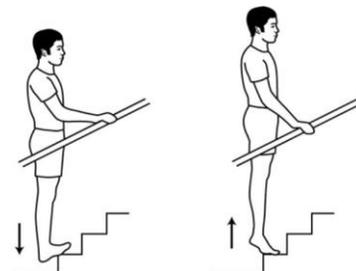
In hot weather, you might be indecisive on whether you'd like to work out inside or outside.

Luckily, you can complete this set of strengthening exercises anywhere there are stairs!

Between each exercise, walk up and down the steps to recover.

Calf Raises

Stand with the balls of your feet on the step and your heels hanging off. Raise your heels as high as you can, and then SLOWLY lower them down until you feel a comfortable stretch. Hold on to the railing to avoid injury and over stretching. If you feel uncomfortable doing this on a step, do it on the flat floor.



Two Foot Jumps

With feet shoulder-width apart, jump from the bottom step to the next, landing on both feet at the same time. Continue up the stairs, taking a deep breath between jumps as you do so. To get a more powerful jump, swing your arms as you're doing it. Extra challenge: try two steps at once!



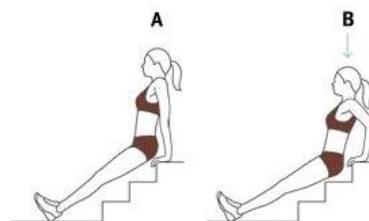
Incline Pushups

A great alternative if you can't do regular pushups! Angle yourself so you are parallel to the stairs and your hand is on one of the steps. The higher the step, the easier it will be. Keep your body and head straight as you do a set of 10 pushups.



Tricep Dips

Sit on the second step with legs straight out and heels on the floor. Press your palms on the step above, and lift yourself up so your butt is floating above the step. Bend your arms to lower yourself down, and then push back up again. That's 1 rep! Do a set of 10 for muscle endurance.



Sprints

The change in elevation will get your leg muscles burning. Run up the stairs, and then do a slow jog back down. As you land each step, bend you knees more than you normally would so you're using your muscles to help absorb the impact.



Reference: "15-Minute Stairs Workout." *Real Simple*. Web. 19 July 2015.

Images: http://www.huffingtonpost.com/self/fitness-tips_b_4965035.html

<http://www.honestlyhealthyfood.com/blogs/honestly-healthy-food/17967653-top-3-exercises-for-the-workplace-by-louise-hazel>

<http://www.realsimple.com/health/fitness-exercise/stairs-workout/ad?slide=4>