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!

1. **Speed walk** - Speed up the flight of stairs and walk back down
   - Beginner
   - Repeat 5 times

2. **Stair Repeats** - Walk one flight of stairs to the top, descend, and repeat
   - Beginner
   - Repeat 4 times
   - Challenge: Jog up the flight of stairs and descend walking
   **Avoid jogging if you have knee problems**
3. **Jog** - Jog up a flight of stairs and descend jogging
   - Intermediate
   - Repeat for a total of 5 minutes
   **Avoid this exercise if you have knee problems**

4. **Stair Lunges** - Climb up one flight of steps, climbing two steps with each lunge, descend walking one step at a time
   - Intermediate
   - Repeat 3 times
   
   **Stair Lunges (stationary)**
   - Intermediate
   - Complete 30 lunges
   - 15 lunges on the left leg and 15 on your right leg, this would be a set
   - Complete 3 sets
5. **Two-foot Hop-ups** - Jump up on stairs with feet a little less than shoulder width apart
   - Intermediate
   - Arms bent at your side to assist in momentum and balance.
   - Hop up a flight of stairs and descend walking
   - Repeat 4 times

6. **Side Step-Ups (Alternate sides)**
   - Beginner
   - Position body perpendicular to stairs with feet close together
   - Side-step up and side-step down
   - Complete 30 step-ups
   - 15 starting on your left side and 15 starting on your right side
   - Repeat 3 sets
7. **Crossover Lunges** - Complete a cross over lunge, taking the stairs two at a time
   - Advanced
   - Descend jogging
   - Repeat 6 times starting with the opposite leg each flight

8. **Side to Side Lunges** – Complete a cross over lunge, taking the stairs two at a time
   - Advanced
   - Descend jogging
   - Repeat 6 times starting with the opposite leg each flight
9. **Single leg stair hops (facing front)** – Complete a single leg hop-up ascending the stairs and descend jogging
   - Advanced
   - Complete 6 sets starting with the opposite leg each flight

10. **Single leg side stair hops (Side-ways)** - Complete a single leg side hop up the stairs and descend jogging
    - Advanced
    - Complete 6 sets starting with the opposite leg each flight
11. **Stair Sprints** - Run up the stairs as fast as possible
   - Advanced
   - Pump your arms to make this exercise more demanding.
   - Carefully walk down and repeat 3 times.
   **Avoid this exercise if you have knee problems**

![Stair Sprints Image]

12. **Backwards Walking**
   - Advanced
   - Make sure that the whole foot is on the step before transferring your weight
   - Hold the side rail if needed
   - Descend walking forwards
   - Repeat 3 times

13. **Stair Intervals** - combine walking or running up stairs with callisthenic exercises (push-up, lunges, squats, lunges, sit ups)
   - Advanced/Beginner
   - Climb one flight and descend, then complete a callisthenic workout
   - Complete a repetition of 15 for each callisthenic exercise
   - Repeat three times
   **Avoid running if you have knee problems**

14. **Triceps Dips**
   - Advanced
   - Use a step, bench, or wall
   - While facing away from the step place both palms on the step
   - Feet should be extended with a slight bend in the knee
   - Bend elbows to approximately 90 degree angle
   - Complete 3 sets of 15 repetitions
15. Incline Push-ups
- Advanced
- Use a step, bench, or wall
- While facing the step place both hands on the step and extend your legs out
- Maintain a straight back and feet close together
- Complete 3 sets of 15 repetitions

16. Step-ups
- 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 for each foot
Circuit Routines
- Warm up: Walk up and down the stairs (5 min)
- Continue speed walking up the stairs (3 min)
- Begin lunging up the flight of stairs and descend walking (complete 4 times) (~5 min)
- Jog up and down one flight of stairs (5 minutes)
- Complete 30 dips and 30 incline push-ups (~2 min)
- Cool down: Walk up and down the stairs (3 min)
- Warm up: Walk up and down the stairs (4 min)
- Continue speed walking up the stairs (3 min)
- Begin two foot hops up the stairs and descend walking (complete 4 times) (~5 min)
- Move into stair intervals- Run up and descend jogging, complete 20 lunges (~2 min)
- Repeat interval, followed by 20 squats (~2 min)
- Repeat interval and complete 15 incline pushups (~2 min)
- Cool down: Walk up and down the stairs (3 min)

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.