



GUSTAVUS Strength & Conditioning

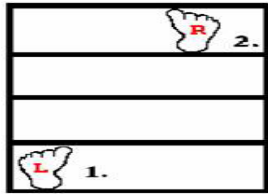
Stair Workout - #1

ACTIVE WARM-UP

SINGLE LEG STAIRS

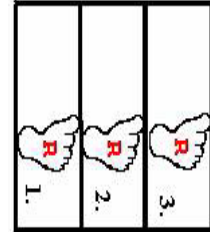
DO EACH 2x's - Jog Down

1. 3 Step Walking

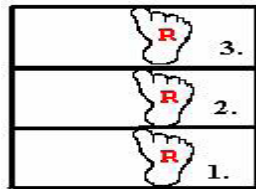


4. Skater Every Other Stair

5. Single Sideways Hop Every Stair



2. Single Every Stair



3. Single Every Other Stair