GUSTAVUS Strength & Conditioning
Stair Workout - #1

ACTIVE WARM-UP
DO EACH 2x's - Jog Down

1 - 3 Step Walking

2 - Crossover Step R then L, Every other step

3 - Single Leg Hop - R then L

4 - Double Leg Hop - 2 Steps

5 - Lateral Jumps:
   L/T foot in front 1x
   RT foot in front 1x

6 - RUN UP: 1 Foot Every Stair

7 - RUN UP: 1 Foot Every Other Stair