

ALLEN TABE'S STAIRWELL WORKOUT!

(Lower Body Workout for legs and hips)

Step Touches

- Alternating legs, tap 1st step, 2nd step, 3rd step, 4th step (and higher if you are taller!) with each foot
- Go back down, alternating legs, 3rd step, 2ndstep, 1st step
- Repeat above set 5 times

Step Climb

Climb one flight of stairs, taking 2 steps at a time. Come back down in single steps.

Squats (Done facing bottom of stairs)

- Holding on to rails with both hands, drop seat back and bend knees to form a 90° angle with legs. (keep knee over ankle for safety)
- Do 10 repetitions
- Cross one leg over the other knee. Do 10 repetitions on each side.

Step touches and climbs: Repeat #1 and #2.

Calf Raises

- Standing on bottom step, drop heel down and then rise up on toes.
- Repeat with both legs, 10 repetitions
- Repeat single leg at a time, 10 repetitions.

Step touches and climbs: Repeat #1 and #2.

Side Leg Lifts

- Standing with your side facing the stairs, lift leg and place foot parallel to a step as high as is comfortable. Be sure to place foot carefully and slowly on the step and parallel to the floor.
- 10 repetitions on each side without holding onto anything and not touching the foot to the floor.