

Exercises on Stairs or Steps, to protect your joints build up these exercises, do not do all in the one session

1. Sprint up steps driving arms

2. Two Steps up one step down, fast feet, both feet on top and bottom steps

3. Lunge up steps 2 at a time.

4. Hop up steps, land flat footed, repeat with other leg.

5. Side on, spring up steps, then face opposite direction and repeat.

6. Jump on and off step, push off legs straight, toes up, straight body, land with feet flat.

7. Spring jumps up steps without stopping.

8. Place foot on top of step and drive up free leg into the takeoff position, keeping toe up and foot parallel with the ground and head and body tall.

9. Stand on step facing away from steps, jump off step, landing feet together and immediately spring back up, reaching high.