12 STEP EXERCISES for a STAIR WORKOUT

**consult a physical before starting an exercise program*

Have you been missing your step classes? All you need is one stair, inside or outside. The bottom step is perfect for a mini step class. In a pinch I have used a curb! Perform some classic step exercises such as:

- Alternating basic knees up, 10x or 30 seconds
- Alternating hamstring curls, 10x or 30 seconds
- Alternating stride jumps, (one foot on step and one on the ground, swap positions) 10 x or 30 seconds
- One basic step up and 2 jumping jacks on the ground, Change the leading leg and repeat 10x
- Charleston kicks to one side, (kick forward and step back) 10x, repeat with other leg turning to the other side
- 3 knee repeater rt leg step down and repeat on lft leg, repeat 4 x in each direction
- Soft jump up with both feet together, step off to the ground and repeat 10x
- Turn step with a tap, repeat in other direction
- Fast running up and down right leg 10x, switch to left leg 10x
- Step up and hop with a knee up, alternate legs for 10x on each leg
- Mambo to the top of the step and ground, 10x one leg, repeat on the other leg
- Burpee with hands on the step, 10x

*Some classic step class exercises will not work on a real step such as: straddle steps or jumps, over the top, choreography that moves around or over the step.

*Music tip. If you enjoy keeping tempo to the music there are playlists made for step class or you can use any piece of music that is 130 to 136bpm (beats per minute). This is a speed that is safe for stepping up and down and should reduce the risk of twisting an ankle or tripping.

Alternating Hamstring curl

Alternating knees up

Forward stride jumps

Make combos like 1 basic

Step up and down and 2

Jumping jacks

Charleston Kick forward then Charleston tap back, repeat