

# STAIR STEPPER WORKOUT

| PORTION  | LEVEL | MOVE        | TIME      | FEELING   |
|----------|-------|-------------|-----------|-----------|
| WARM-UP  | 3     | SINGLE STEP | 2 MINUTE  | EASY      |
|          | 4     | SINGLE STEP | 1 MINUTE  | EASY      |
|          | 5     | SINGLE STEP | 1 MINUTE  | LESS EASY |
| WORKOUT  | 8     | SINGLE STEP | 1 MINUTE  | MODERATE  |
|          | 10    | SINGLE STEP | 1 MINUTE  | HARDER    |
|          | 8     | SKIP STEP   | 2 MINUTES | MODERATE  |
|          | 12    | SINGLE STEP | 1 MINUTE  | HARD      |
|          | 8     | SKIP STEP   | 2 MINUTES | MODERATE  |
|          | 10    | SINGLE STEP | 1 MINUTE  | HARDER    |
|          | 12    | SINGLE STEP | 1 MINUTE  | HARD      |
|          | 8     | SKIP STEP   | 3 MINUTES | MODERATE  |
| COOLDOWN | 5     | SINGLE STEP | 2 MINUTE  | EASIER    |
|          | 4     | SINGLE STEP | 1 MINUTE  | EASY      |
|          | 3     | SINGLE STEP | 1 MINUTE  | EASY      |

# Best Home Workout Step Plan For Experts 12895

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