

# Stair + Stride Circuit

After every full staircase, stride to the end of the hall with good form focusing on arms and quick feet. For recovery, walk back to the bottom of the stairs.

- 2-4 sets x (5 minutes rest between sets)
  - Run 1 Step Every Stair (full staircase)
  - Run 1 Step Every Other Stair (full staircase)
  - Hop 2 Feet Every Stair ; Hop 2 Feet Every Other Stair (full staircase)
  - R lateral Every Stair, L lateral Every Stair ; R foot every stair, L foot every stair (full staircase)
  - R every other, L every other ; 2 feet every 2nd or 3rd Stair (full staircase)