

YOUR INDOOR WORKOUT

IF YOU
HAVE
5
MINUTES

Do...the stair routine

You'll feel this
workout in

your rear and thighs. It burns 50 calories in 5 minutes. If your staircase has fewer than 14 steps, double each segment of the routine.

- Walk up and down the staircase at a comfortable pace twice.
- Walk up and down at a faster pace twice.
- Walk up two steps at a time, right foot leading, once. Walk down normally. Walk up again, left foot leading.
- Stand at bottom of staircase; hold banister. Lift right knee toward left elbow 15 times. Switch sides; repeat.
- Run up two steps at a time leading with right foot. Walk down normally. Run up again, left foot leading.
- Stand with left foot on first step, lift right knee toward chest 15 times. Switch sides; repeat.
- Run up two steps at a time, right foot leading, once. Walk down normally. Run up again, left foot leading.
- Walk up two steps at a time, right foot leading, squeezing right glute. Walk down normally. Walk up again, left foot leading, squeezing left glute.
- Walk up and down twice at a moderate to slow pace, allowing your heart rate to slow down and return to normal.

IF YOU
HAVE
20
MINUTES

Add... cardio moves

After warming
up on the stairs,

try these moves to burn 175 calories. Do each move for 1 minute. If you have time, repeat the sequence.

- 1 March in place for 1 minute with elbows bent 90 degrees.
- 2 Keeping elbows bent, alternate lifting knees toward chest.
- 3 Reach arms out to the sides at shoulder height as you alternate lifting knees.
- 4 Reach arms overhead as you lift knees.
- 5 Keep back straight and in line with hips. Lift left knee toward navel while lowering right elbow toward knee, so both meet in middle. Switch sides, bringing right knee and left elbow together. Continue alternating.
- 6 Tap left foot forward while bringing right hand toward left shoulder in a bicep curl. Keep elbow close to side. Repeat with right foot and left hand. Continue, alternating sides.
- 7 Stand with feet shoulder-width apart and toes turned out. Bend knees about 90 degrees into a plié squat. Keep back straight and knees aligned over second toe. As you stand up, tap left toes on floor. Repeat squat, tapping right toes as you stand. Continue, alternating sides.
- 8 Tap toes about 12 inches behind you, squeezing glutes; alternate sides.
- 9 Stand with feet parallel, hip-width apart. Step back with left foot, press heel into floor and bend right knee for a calf stretch. Return to start, then step back with right foot.

