

Stairs Workout

Find a staircase to complete this short workout!

1. Run up and down the stair 5 times as fast as you can.
2. Bunny hop (using both feet) jump up the stairs 3 times.
3. Bunny hop on one foot up the stairs 2 times, switch to the other foot and go again.
4. Run up and down the stairs trying to skip a step, 3 times.