

# W.O.W.

WAC ON WELLNESS

## STAIRS FOR DAYS

**TIME:** 20-25 minutes

**INSTRUCTIONS:** Need to get in a quick cardio session or always wanted to try the stepmill - this workout is for you! The stepmill will allow you to work on engaging your core muscles with every step, and the act of climbing the stairs will build strength and endurance.

	STEPMILL LEVEL
Beginner	2-10
Intermediate	4-12
Advanced	4-16



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### Warm Up

Level 2 - 3 minutes

### Climb Section

Level 3 - 1 minute

Level 4 - 1 minute

Level 5 - 1 minute

Level 10 (sprint) - 30 seconds

### Recovery

Level 2 - 2 minutes

### Climb Variation

Level 4 - 2 minutes

Level 3 - 2 minutes (skip a step)

### Recovery

Level 2 - 2 minutes

### Climb Section

Level 3 - 1 minute

Level 4 - 1 minute

Level 5 - 1 minute

Level 10 (sprint) - 30 seconds

### Cool Down

Level 2 - 3 minutes

*See a Personal Trainer for more detailed instructions or a demonstration.*



**Wisconsin Athletic Club**  
**FIND YOUR FIT.**

Always consult your physician before starting any exercise program.  
[www.thewac.com/wow](http://www.thewac.com/wow)