

STAIR MASTER ROUTINE

booty blasting cardio!



You will sweat, burn calories, and be SO glad you did it! We don't do anything in this routine for over 1 minute, so this workout is going to FLY by! Be sure to print out this PDF or save it to your tablet or phone so you can have this with you on the stairmaster at the gym. If you don't have a stairmaster definitely check out my [treadmill workout](#) or other [Workout Wednesday videos](#) that do not require equipment!

minute/time	level	movement
0:00–3:00	5	warm-up
3:00–4:00	8/base	walk
4:00–5:00	8/base	walk w/ glute extension
5:00–6:00	8/base	lateral (right side-optional extension)
6:00–7:00	8/base	backwards
7:00–8:00	8/base	lateral (left side-optional extension)
8:00–9:00	8/base	walk w/ glute extension
9:00–10:00	8/base	skip step w/ glute extension
10:00–11:00	16–20	sprint
11:00–12:00	8/base	recover walk
12:00–13:00	8/base	walk w/ glute extension
13:00–14:00	8/base	lateral (right side-optional extension)
14:00–15:00	8/base	backwards
15:00–16:00	8/base	lateral (left side-optional extension)
16:00–17:00	8/base	walk w/ glute extension
17:00–20:00	3–5	recovery/cool-down

THE FORMAT

This routine uses minute-long intervals that are determined by your movement, rather than speed of the machine. In fact, the speed of the machine stays the same almost the entire time with the exception of your peak workout sprint! Feel free to set your base speed to whatever feels comfortable—remember, we are going for challenging, but achievable! Keep in mind that all glute and abductor extensions are optional! They'll provide extra glute work, but aren't necessary for an effective and fat burning cardio workout. If you do choose to include the extensions, be sure to really squeeze at the top! It is especially important with a workout like this to have a sufficient cool-down— if your heart rate is still up after your 3-minutes of recovery, continue to walk slowly and remain standing for a few minutes before sitting down.

THINGS TO KEEP IN MIND

- Try to not hold the bars (when it's safe). When we hold the bars, we rest our body on the machine, taking most of the work out of our lower body. The bars are there for balance and stability, don't overuse them!
- Pay attention. This is not a workout where we want to zone out— it's important to be aware of what you're doing so there are no falls and injuries!
- When the speed picks up for the sprint, do not run! Step quickly, but nothing too dynamic!



mind over munch

[YouTube.com/mindovermunch](https://www.youtube.com/mindovermunch)

[Click here to watch the Kickstart series!](#)