

Ready to STEP up your game?

Starts by emerging gradually in the middle of the page

Ready to STEP up your game?

and moves to the top without a click

Upon click - the bottom panels appear

Ready to STEP up your game?

Cardio

Arms

Legs

Gluteal Muscle (butt)

Abs

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**Lets Begin!!**

**Step 1:**  
For 3 minutes sprint up and down a single flight of stairs.

After that, relax

**Step 2:**  
Walk for 1 minute.

Repeat Step 1:  
For 3 minutes sprint up and down a single flight of stairs.

Repeat Step 2:  
Walk for 1 minute.

**Step 3:**  
Do this for 4 minutes  
Left side cross-steps. Stand with your left side facing stairs, put your left foot on first step then Step right foot in front of left onto second step. Repeat. For a bigger challenge, try 2 steps at a time.

Repeat Step 2:  
Walk for 1 minute.

**Step 4:**  
Do this for 2 mintues.  
Power walk up and down the stairs as fast as you can.

Congratulations! You just succssfully completed a 15 minute cardio session.

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