

SHAPE | STAIRMASTER SLIMMER

TIM (MINS)	WHAT TO DO	RESISTANCE/LEVEL (1-20)
0 - 5	Warm-up: step without weights	3
5 - 7	Hold weights in grocery bag position	8
7 - 10	Hold weights in grocery bag position	9
10 - 12	Bend elbows at 90 degrees, driving arms back and forth as you step	11
12 - 15	Hold weights in grocery bag position	12
15 - 17	Hold weights overhead with arms fully extended (Too tough? Set the weights down and do without)	14
17 - 20	Hold weights in grocery bag position	15
20 - 22	Perform alternating biceps curls	13
22 - 25	Hold weights in grocery bag position	12
25 - 30	Cool-down: step without weights	3

Training Note: *If you choose to do this routine on the step mill, you may need to change speed instead of resistance levels during the intervals.*