

20 min Shoulders & Stairs Workout (stadium or at home)

Circuit #1 - Perform 4 rounds of this circuit, resting as needed

Exercise	Weight	Reps
Start at top of stairs, DB Side Raise	8-15	15
DB Front Raise	8-15	15
DB Standing Shoulder Press	8-15	15
Walk down stairs, sprint back up 2-at-a-time	N/A	1

2-min Stair Intervals - up and down as many times as possible in 2 minutes

Circuit #2 - Perform 4 rounds of this circuit, resting as needed

Exercise	Weight	Reps
Start at top of stairs, DB Arnold Press (slow)	10-20	10
DB Bent-over Flies	10-20	10
Walk down stairs, 10 push-ups at bottom	N/A	10
Sprint back up stairs 2-at-a-time	N/A	N/A

2-min Stair Intervals - up and down as many times as possible in 2 minutes