


WHAT'S
YOUR **30**?

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Parkour Instructor at Gravity Calisthenics

— @justssell



30 OCT - 28 NOV 2020

Stair Challenge Workout

high knees - to top stairs

side high knees - to top stairs

reverse bear crawls - to top stairs

push vaults - to top stairs

3 SETS

HIGH KNEES to top stairs

Touch each step and sprint between stairs.



SIDE HIGH KNEES to top stairs

Turn 180° when reaching flat.



REVERSE BEAR CRAWLS to top stairs

Make sure hands touch each step.



PUSH VAULTS to top stairs

Use big steps at the center. Once at the top run back to the bottom.

