SKYRISE TRAINING: MONTH 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1		**Supplemental Cardio (choose 1)** Treadmill 20-min 1% Elliptical 25-min Level 4 Bicycle 25-min Level 3	**Double Stair Climb (60 BPM)** 15 flights (5 flights x 3)	Rest day!	**Cross Training (3 Rounds)** - 15 hip bridges - 45-sec plank - 10 side lying leg raises - 15 air squats	Rest day!	**Stair Climb (70 BPM)** 10 Flights (5 flights x2)
WEEK 2	Rest day!	**Supplemental Cardio (choose 1)** Treadmill 20-min 2% Elliptical 25-min Level 5 Bicycle 25-min Level 4	**Double Stair Climb (60 BPM)** 20 flights (10 flights x2)	Rest day!	**Cross Training (3 Rounds)** - 1-min wall sits - 15 lunges each leg - 15 squat jumps	Rest day!	**Stair Climb (70 BPM)** 15 Flights (10 flights x1; 5 flights x1)
WEEK 3	Rest day!	**Supplemental Cardio (choose 1)** Treadmill 25-min 2% Elliptical 30-min Level 5 Bicycle 30-min Level 4	**Double Stair Climb (60 BPM)** 25 flights (15 flights x1; 10 flights x1)	Rest day!	**Cross Training (3 Rounds)** - 20 hip bridges - 20 sit ups - 15 opposite	Rest day!	**Stair Climb (70 BPM)** 25 Flights (15 flights x1; 10 flights x1)
WEEK 4	Rest day!	**Supplemental Cardio (choose 1)** Treadmill 25-min 3% Elliptical 30-min Level 6 Bicycle 30-min Level 4	**Double Stair Climb (60 BPM)** 35 flights (20 flights x1; 15 flights x1)	Rest day!	**Cross Training (3 Rounds)** - 1.5-min wall sits - 15 lunges each leg - 15 squat jumps - 20 push ups	Rest day!	**Stair Climb (70 BPM)** 30 Flights (15 flights x2)

Some things for you to consider:

- BPM = Beats per minute. 60 BPM means 1 step per second. If you need help measuring, there is a metronome feature on Google.
- On double stair climb days, skip a step on your way up.
- Total flights may be broken down into smaller flights. If needed, take the elevator down to avoid fatigue.
- Make sure you have water with you and you are stretching after every workout for 5-10 minutes. Stretch each muscle groups 3 times holding for 30 seconds.
- This is just a sample program, if you feel like you can accomplish a higher resistance or repetitions, please do so.

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