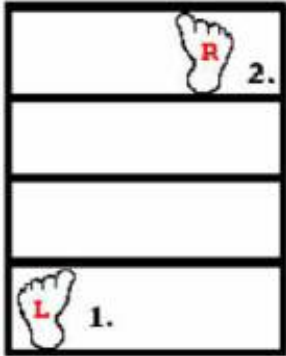
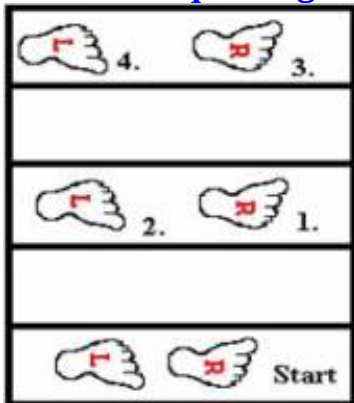


Workout 1

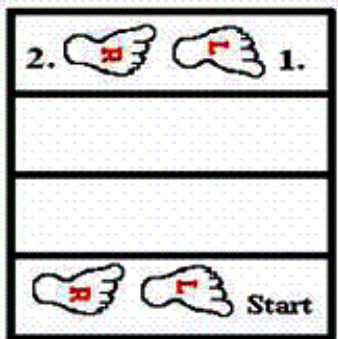
1.) Walk Every Third Stair



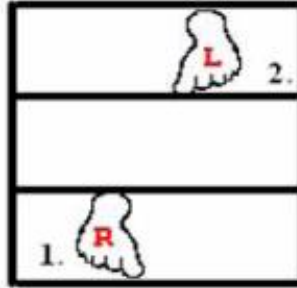
2.) Cross-Over Steps Face Left & Right Assume a squatting stance



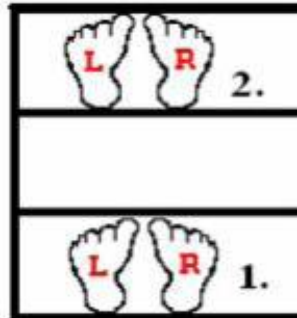
3.) Internal Steps Face Left & Right Assume a squatting stance



4.) Walk Backwards Every Other Stair



5.) Double Leg Hops Every Other Stair Keeps legs slightly bent



Secrets Of Russian Training



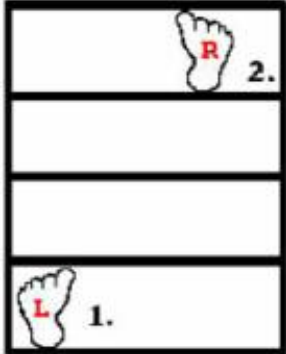
Methods Of A Sports Empire

By Michael Yessis, Ph.D.

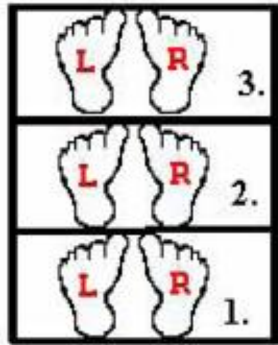
At The XL Athlete Store

Workout 2

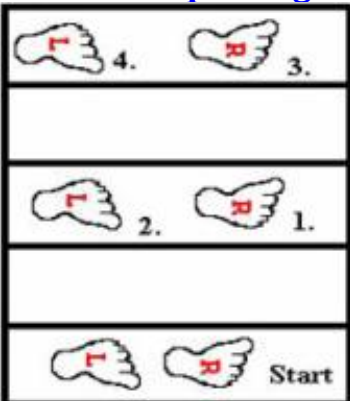
1.) Walk Every Third Stair



2.) Double Leg Hops Every Stair Keeps legs slightly bent



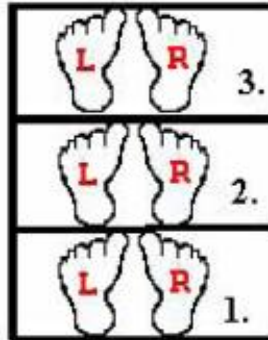
3.) Cross-Over Steps Face Left & Right Assume a squatting stance



4.) Internal Steps Face Left & Right Assume a squatting stance

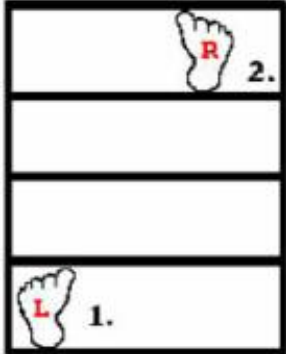


5.) Squatting Double Leg Hops Every Stair

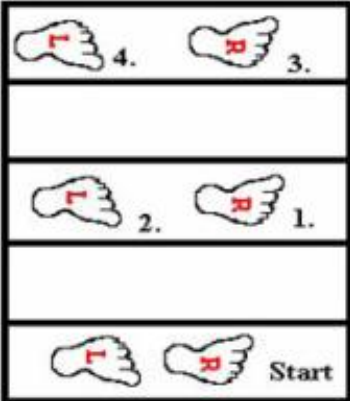


Workout 3

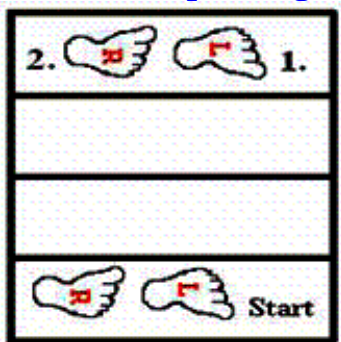
1.) Walk Every Third Stair



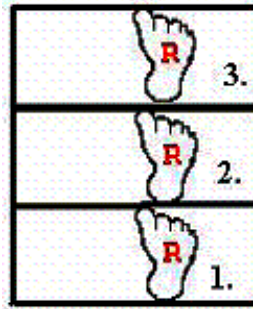
2.) Cross-Over Steps Face Left & Right Assume a squatting stance



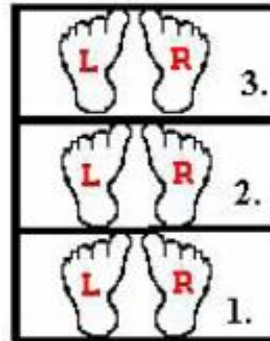
3.) Internal Steps Face Left & Right Assume a squatting stance



4.) Single Leg Hops Left & Right Leg slightly bent

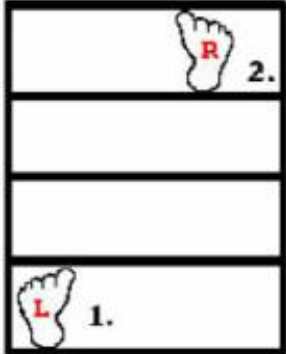


5.) Squatting Double Leg Hops Every Stair

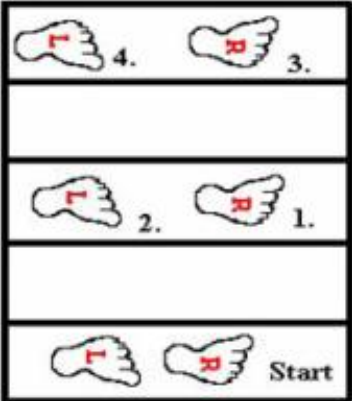


Workout 4

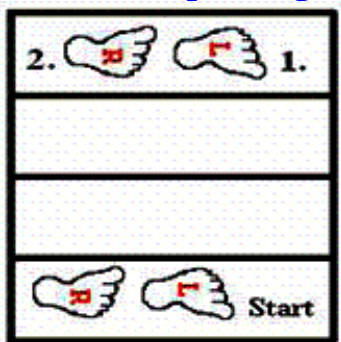
1.) Walk Every Third Stair



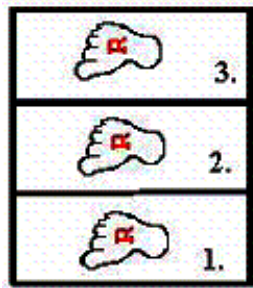
2.) Cross-Over Steps Face Left & Right Assume a squatting stance



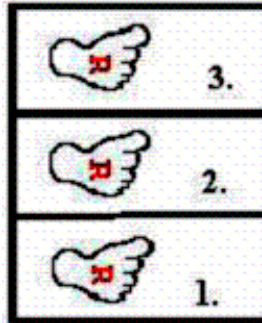
3.) Internal Steps Face Left & Right Assume a squatting stance



4.) Internal Single Leg Hops Left & Right Leg slightly bent

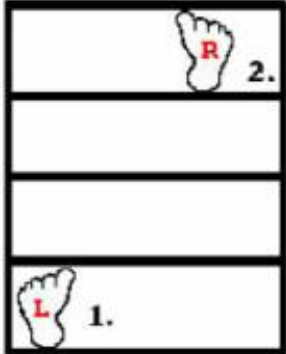


5.) External Single Leg Hops Left & Right Leg slightly bent

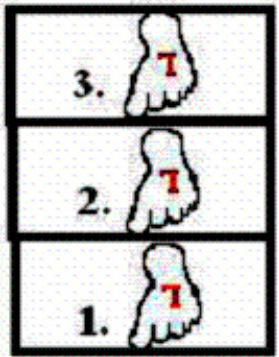


Workout 5

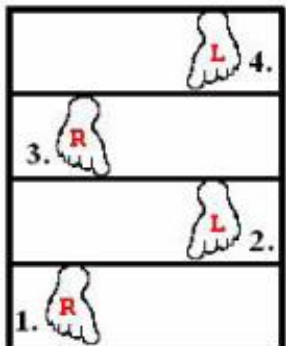
1.) Walk Every Third Stair



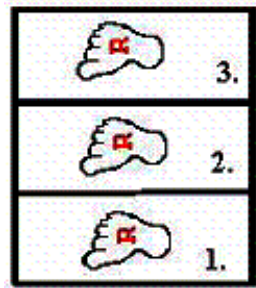
2.) Backward Single Leg Hops Left & Right Leg slightly bent



3.) Walking Backward Upward



4.) Internal Single Leg Hops Left & Right Leg slightly bent



5.) External Single Leg Hops Left & Right Leg slightly bent

