

Stairway to heavenly legs

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Whether at the office or in your home, take another look at the set of stairs in front of you and put them to use. Stairs are ideal for strengthening and toning legs, and building cardio.

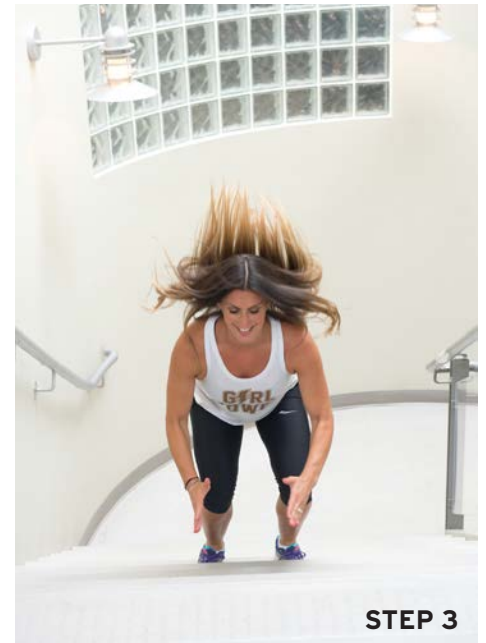


◀ THE SIDE LUNGE.

Slow down to take each step into a deep lunge, a single or double step at an angle to target the inner and outer thigh going up each riser sideways

▼ THE JUMP SQUAT.

Focus on a full leg extension and a bended knee landing. Lean into the jump and aim to go as high as you can with a soft bent knee landing. Work your way up the staircase



Given the choice, taking the stairs is always a healthy option



◀ CALF RELEVÉ.

We often forget to stretch and strengthen our calves. Simple calf raises can help define, strengthen and stretch calf muscles. Three sets of 10–12 reps is a great start. Change the angle of the feet, facing inward