

# Stairmaster to Heaven, 60 minutes

## Warm up – 8 minutes

Speed	Time in minutes
3	2
4	2
5	2
6	2

## Part 1 – 11 minutes

Speed	Time in minutes
7	2
8	2
9	4
10	3

## Part 2 – 5 minutes

Speed	Time in minutes
6	3
9	2

## Part 3 – 7 minutes

Speed	Time in minutes
7	2
9	2
10	3

## Part 4 – 8 minutes

Speed	Time in minutes
6	5
10	3

## Part 5 – 6 minutes

Speed	Time in minutes
7	3
9	3

## Part 6 - 7 minutes

Speed	Time in minutes
6	4
10	3

## Cool down – 8 minutes

Speed	Time in minutes
6	2
5	2
4	2
3	2