



CLIMBING STAIRS

So your going up and down stairs all day long and it is getting tiring, what to do? Well, the first thing you need to do is add to your strength by bridging one hand to your thigh while the other hangs on to the hand rail. That way you can use your upper body strength to push down on your leg to help your leg push you up the stairs. If you don ' t have a free hand to bridge with because you are carrying something, you might want to get creative and wear a backpack and carry your item of in your hand. If your tired of the stairs, get busy and start bridging to your leg instead , it will make it easier!