

Have you conquered the KP stairs yet?



The Kangaroo Point stairs are located at the eastern end of the Kangaroo Point cliffs. 107 steps from bottom to top and it's gets harder at the top part - an very effective training spot for many different training types. Stairs work quadriceps and hamstring muscles and activate your cardio vascular system.

How to approach the stairs?

You can start by walking up and down the stairs. See how many you can do. Try to do more every week. Say to you can do two sets of stairs in the first week. Do three the next week. Then try to jog up the stairs or even run.

When to do it?

Try to include the stairs at least once a week in your exercise program and you will soon feel results. The more the better: if possible drop by after work and do a couple of runs.

The rules of the stairs

Give way to faster people and people who are going up the stairs as this is the hardest and main part of the workout.

If you are interested in a training session at the Kangaroo Point stairs call me, Ashley Dapiran on **0402 267 269** or visit my website: www.brisbanept.com.