

# 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               |