Retro Stairs

1. Stand with your heels placed in front of 6-inch stairs and point your toes forward.
2. Advance your left foot on the first step keeping your feet neutral or parallel with each other.
3. Shift your hip back and to the left as you place your weight through your left mid-foot/heel. Your zipper line should be lined up over your left great toe. Keep your left knee pulled in slightly.
4. Keep your back rounded.
5. Begin lifting your right leg to the step keeping your weight shifted over to the left. You should be using your left leg to advance yourself to the next step by pushing slowly through your left mid-foot/heel.
6. Continue to advance up the stairs until you have completed 1 flight always leading with your left foot. You should feel your left outer hip (buttock) engage.
7. Relax and perform 1-2 more flights (10-12 steps).

1. Stand with your heels placed in front of 6-inch stairs and point your toes forward.
2. Advance your right foot on the first step keeping your feet neutral or parallel with each other.
3. Shift your hip back and to the right as you place your weight through your right mid-foot/heel. Your zipper line should be lined up over your right great toe.
4. Keep your back rounded.
5. Begin lifting your left leg to the step keeping your weight shifted over to the right. You should be using your right leg to advance yourself to the next step by pushing slowly through your right mid-foot/heel.
6. Continue to advance up the stairs until you have completed 1 flight always leading with your right foot. You should feel your right outer hip (buttock) engage.
7. Relax and perform 1-2 more flights (10-12 steps).