Intermediate Workout (1)
Inside PNB

**Workout: Cardio & Strength**

Start on first floor
Take first flight of stairs*
  - Do 15 Body Weight Squats on 2nd floor – 1 set**
Take 2nd flight of stairs*
  - Do 15 push-ups (on wall, bench, or ground) on 3rd floor – 1 set**
Take 3rd flight of stairs*
  - Do 15 tricep dips on bench on 4th floor – 1 set**
Take 4th flight of stairs*
  - Do 10 lunges each leg on 5th floor – 1 set**
Take stairs down to first floor
  - Hold 30 second plank on 1st floor– 1 set**

**Workout Options**

*Challenge Option 1:*
  - Add second set of stairs
  - Run instead of walk of Stairs

**Challenge Option 2:**
  - Do 2 sets
  - Add 5 reps per set

Additional Options:
  - Instead of going up after every set, go back down stairs
    - Ex: flight 1 – up, Flight 2 – down, Flight 3 – up, Flight 4 – down, Flight 5 - up