Intermediate Workout (2)
Inside PNB

Workout: Cardio & Strength

Start on first floor

**Take first flight of stairs** – 2 times*
- Do 15 Body Weight Squats on 2nd floor – 2 sets**

**Take 2nd flight of stairs** – 2 times*
- Do 15 push-ups (on wall, bench, or ground) on 3rd floor – 2 sets**

**Take 3rd flight of stairs** – 2 times*
- Do 15 tricep dips on bench on 4th floor – 2 sets**

**Take 4th flight of stairs** – 2 times*
- Do 10 lunges each leg – 2 sets**

**Take 5th flight of stairs** – 2 times*
- Hold 30 second plank – 2 sets**

Challenge options to make workout more Advanced

*Challenge Option 1:
- One second set of stairs, skip a step
- Run instead of walk of Stairs

**Challenge Option 2:
- Do 3 sets
- Add 5 reps per set