



REFINERY29

You're 1 Step Away From A Better Butt



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PHOTOGRAPHED BY GEORDY PEARSON.

You're probably already climbing a few flights of stairs each day, whether you're dragging yourself up from the subway stop, heading home to your fourth-floor walk-up, or taking trips to the downstairs office bathroom that's *way* cleaner than the one on your floor. So, here's a quick tip on how to hack your climb — and make sure to maximize each step.

To engage the muscles on the backs of your legs (your butt and hamstring) be sure to place your entire foot on the stair you're climbing, and drive through your heel while standing, explains L.A.-based personal trainer [Mike Donovanik, CSCS](#).

If you want to shift the focus to your quads, jog (okay, or walk) up the flight of stairs, landing on the balls of your feet. This landing also really works your calf muscles, Donovanik explains.

There you have it: It's basically *Choose Your Own Adventure* for stair-climbing. And, if you're up for the challenge, add a few *extra* flights to your day. Why not? Proper [hydration](#) leads to plenty of bathroom trips anyway.