



vivente
HAMMOND PARK

HAMMOND PARK CLIMB

Workout 3 – Glute Glory

Warm up:

Run the path around and through the park opposite the Climb.

Exercise 1:

Squat jump x 10

Lunges x 10

Run up the first flight of stairs

Exercise 2:

Squat jump x 20

Lunges x 20

Run up second flight of stairs and back down

Exercise 3:

Squat jump x 30

Lunges x 30

Run up to top of the stairs and back down

This workout has been prepared by Cyndi Yearwood Fitness, contact Cyndi Yearwood on 0408 902 266 for a free week trial if you mention Vivente at Hammond Park.

Gold Estates and Richard Noble and Company trust that you will use and enjoy the Hammond Park Climb with your family and friends.

Should you wish to enjoy the lifestyle of Vivente in Hammond Park for sales enquiries contact Rod Wright on 0407 945 384.

Cyndi Yearwood
FITNESS

RICHARD NOBLE
PROPERTY INTEGRITY COMMUNITY

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