



**vivente**  
HAMMOND PARK

# HAMMOND PARK CLIMB

## Workout 4 – Pull Up Your Game

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- Exercise 1:** 5 x jumping pullups
- Exercise 2:** 10 x parallel bar knee raises
- Exercise 3:** 15 dips off the wall
- Exercise 4:** Up and back of ladder
- Exercise 5:** 10 x In and Out squat jumps
- Repeat exercises 1-5 x 4**

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

**GOLD ESTATES**

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