

HAMMOND PARK CLIMB

WORKOUT 5 BODY BURNER

WARM UP

RUN THE PATH AROUND THE PARK AND BOARDWALK

1 X STAIR RUN

STARTING FROM THE BOTTOM
OF THE STAIRS, RUN UP THE
STAIRS AND BACK DOWN

1 X SHUTTLE RUN

STARTING FROM THE BOTTOM
OF THE STAIRS, RUN TO THE
END TREE AND BACK

10 X PUSH UPS

10 X SIT UPS

10 X SQUATS

REPEAT ABOVE AND INCREASE THE AMOUNT OF REPS

2 X STAIR RUN

2 X SHUTTLE RUN

20 X PUSH UPS

20 X SIT UPS

20 X SQUATS

**CONTINUE INCREASING THE
REPS EACH ROUND UNTIL
5 X ROUNDS ARE COMPLETE!**



Cyndi Yearwood
FITNESS

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!



vivente

HAMMOND PARK