

HAMMOND PARK CLIMB

WORKOUT 6 KILLER CARDIO

RUN UP THE FIRST FLIGHT OF STAIRS (AND BACK DOWN)

SQUAT JUMP THE FIRST FLIGHT OF STAIRS (AND RUN DOWN)

300 SKIPS OR MOUNTAIN CLIMBERS

RUN UP THE FIRST FLIGHT OF STAIRS

SQUAT JUMP UP THE 2ND FLIGHT OF STAIRS (AND RUN DOWN)

COMPLETE 200 SKIPS OR MOUNTAIN CLIMBERS

RUN UP TO THE TOP OF THE STAIRS (AND BACK DOWN)

SQUAT JUMP TO THE TOP OF THE STAIRS (AND RUN DOWN)

COMPLETE 100 SKIPS OR MOUNTAIN CLIMBERS



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!

