

# HAMMOND PARK CLIMB

WORKOUT 7  HANG 10

COMPLETE A PATH RUN AROUND  
THE PARK AND BOARD WALK

10 X PULL UPS

10 X HANGING LEG RAISES

RUN THE STAIRS

REPEAT X 5 ROUNDS AS FAST AS POSSIBLE!



*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