



HAMMOND PARK CLIMB

Workout 1 - Aerobic Animal (332 stairs)
Target as many sets as possible in 15
minutes

- Warm up:** Start at the bottom of the Climb and run to the top and back to the bottom, twice.
Stairs per exercise: 248 stairs (124 up and 124 down)
- Exercise 1:** Run back up the Climb to the central workout area, complete five (5) pull-ups.
Stairs per exercise: 42 stairs (42 up and 0 down)
- Exercise 2:** Complete ten (10) push-ups.
- Exercise 3:** Use the "box-jump" wall on the high-side of the central workout area, complete fifteen (15) "box-jumps".
- Cool down:** Run back to the bottom of the Climb, then complete your cooldown routine in the stretching area.
Stairs per exercise: 42 stairs (0 up and 42 down)
- Extras:** Starting at the bottom of the Climb, from the water fountain side, complete the shuttle run (trees and light pole at five (5) metre intervals), up and back once.

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.

