



HAMMOND PARK CLIMB

Workout 2 – Stair Master (1,860 stairs in total)

Complete three (3) times

620 stairs per set

- 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:** Squat jump (squat down and leap to the next stair) up the Climb and squat jump down.
Stairs per exercise: 124 stairs (62 up and 62 down)
- Exercise 2:** Right leg lateral lunge up the Climb and jog down.
Stairs per exercise: 124 stairs (62 up and 62 down)
- Exercise 3:** Left leg lateral lunge up the Climb and jog down.
Stairs per exercise: 124 stairs (62 up and 62 down)
- Cool down:** Run the path around and through the park opposite the Climb.
- 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.

