



FINISHERS FOR FEBRUARY

New **CIRQHIIT** Finishers for Lunar New Year and Valentine's Day

FINISHERS FOR FEBRUARY



5 - 11 FEB
CNY
HUAT AH!

AMRAP

- 4 Push Ups, 4 Box Jumps & 8 Plank & Stand
- 4 Upright Rows, 4 Front Squats, 8 Thrusters

Time Cap: 8min
Target: 5 rounds



12 - 18 FEB
YOU
COMPLETE ME

PARTNER WORK

Partner A:

- Increasing ladder of 2-4-6-8-10-14 reps of:
 - Chest Press
 - Sit Up

Partner B:

- Plate Overhead Squat Hold

Time cap: 8 mins



19 - 25 FEB
LEG DAY
BY JAY

3 rounds of every 30secs each:

- 12 Box Jumps
- 8 Front Squats
- 12 Jumping Lunges
- 8 Front Squats
- 12 Air Squats
- AMRAP Deadlifts
- Rest



26 FEB -
3 MAR
VERTICAL
PROGRESSION
BY KAREL

Descending ladder of 5-4-3-2-1 reps of:

- High Pull
- Plank & Stand
- Hang Clean
- Burpees
- Clean & Press

Time cap: 7 mins

Book your slot via **Fitness First Asia** app.