



FINISHERS FOR DECEMBER

2 - 8 DEC
12 DAYS
OF XMAS

- A. 1x Thruster
- B. 2 x Jumping Lunge (2 for 1)
- C. 3 x Back Row
- D. 4 x Box Jump
- E. 5 x Chest Press
- F. 6 x Butterfly Sit Up
- G. 7 x Deadlift
- H. 8 x Air Squat
- I. 9 x Bicep Curl
- J. 10 x Tricep Dip
- K. 11 x Clean & Press
- L. 12 x Burpees

Time Cap: 10 mins
Workout: A, A+B, A+B+C, etc
Odd Reps - Weighted Bar/Plate
Even Reps - Body Weight

9 - 15 DEC
SWING TO
THE FESTIVE
SEASON

- 12-10-8-6-4-2 x Plate Swing
- 11-9-7-5-3-1 x Hands Off Push Up

Time Cap: 7 mins

16 - 22 DEC
DECEM-BUFF

- 25-20-15-10-5 x Back Squat (Light to Heavy)
- 12 x Sit Up

Time Cap: 5 mins

23 - 29 DEC
MERRY
CHRISTMAS!

- 25 x Burpees then Shout "Merry Christmas!"

Time Cap: 5 mins

30 DEC - 5 JAN
COUNT
DOWN TO
NEW YEAR!

- 10 x Air Squat
- 9 x Push Up
- 8 x Box Jump
- 7 x Sit Up
- 6 x Forward Stepping Lunge
- 5 x Burpee
- 4 x Sit Up
- 3 x Skater (2 for 1)
- 2 x Inch Worm
- 1 Min Plank

Time Cap: 7 mins

> Book your slots via the **Fitness First Asia mobile app** now.