



# FINISHERS FOR APRIL



7 - 13 APR  
**DETOUR**  
BY FANG

### Either A or B:

- A
  - 8 x Burpee Broad Jump
  - 8-7-6-5-4-3-2-1 x Squat Press
- B
  - 5 rounds of
    - 6 x Burpee Plate Hop
    - 5 x Bar Complex (Floor to Clean > Squat to Press > Back Squat)

**Time Cap: 9 mins**

14 - 20 APR  
**PUSH PULL  
LADDER**  
BY EDWIN KO

### AMRAP Ladder from 8 reps of

- Push Press
- High Pull
- Thruster
- Deadlift

**Time Cap: 4 mins**

21 - 27 APR  
**FAST  
FORWARD**  
BY DESIREE

### 3 Rounds of

- 120 secs work:
  - 30 x 5kg Plate Swing
  - Max reps Cleans
- 30 secs recovery

28 APR - 4 MAY  
**ROAD  
BLOCK**  
BY JO TAN

### 3 Rounds for load:

- 5 x Push Up
- 4 x Deadlift
- 3 x Row
- 2 x High Pull
- 1 x Hang Clean
- 2 x Front Squat
- 3 x Squat Press
- 4 x Back Squat
- 5 x Push Press

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