



FINISHERS FOR AUG



3-9 AUG PUSH THE LIMIT



6min AMRAP

5-10-15-10-5x of:

- Barbell Chest Press
- Barbell Leg Raise
- Sumo Jump

10-16 AUG PULL & BEAR



E2MOM x 4 rounds:

- 5x Burpee
- 10x Single Arm Sumo Deadlift High Pull (each side)
- 15x Barbell Back Row

Time Cap: 8 mins

17-23 AUG LOVELY PEACH



21-15-9x of:

- Barbell Squat Calf Raise
- Barbell Overhead Press

30-45-60s of:

- Wall Sit

24-30 AUG ABS & ARMS



EMOM x 4:

Every Odd Minute

- 10x Sit-up
- 20x Tricep Dips

Every Even Minute

- 10x C-Crunch
- 20x Alternating Bicep Curl (10x Each Arm)

Time Cap: 8 mins

31 AUG-6 SEP MUSTANG



For Time:

- 21-15-9x of:
 - Barbell Deadlift (Progressive Load)
 - Shrugs
- 10x Skater (1st Round)
- 10x Lateral Hop (2nd Round)
- 10x Log Jump Over Board (3rd Round)

Time Cap: 5 mins

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