



# FINISHERS FOR AUGUST

## 5 - 11 AUG OLYMP PLANK LIFTER OLYMPIC FINISHER

### 15 Rounds of 20 seconds

- 1 x Clean & Jerk
- Plank (Remaining Time)

## 12 - 18 AUG DOUBLE TROUBLE BY JAY

### Challenge: To increase barbell weight when rep decreases

- 10-8-6-4-2 x Clean & Press
- 8 x Sit-Up
- 60 Seconds Rest
- 2-4-6-8-10 x Thruster
- 5 x Burpee

**Time Cap: 9 mins (inclusive of rest time)**

## 19 - 25 AUG ENGINEERING ENERGY

### 3 Rounds of

- 10 x Drop Squats
- 30 x Mountain Climbers (L+R=1)
- 10 x Box Jumps
- 30 x Jumping Jacks
- 30 Seconds Wall Sit

**Time Cap: 8 mins**

## 26 AUG - 1 SEP PULL & POP BY JO TAN

### 1. 5 Rounds of 15 Seconds

- 5 x Upright Row
- 1 x High Pull
- 1 x Clean & Press
- 20 Seconds Rest

### 2. 5 Rounds of 15 Seconds

- 5 x High Pull
- 1 x Clean & Press
- 20 Seconds Rest

### 3. 5 Rounds of 20 Seconds

- 5 x Hang Clean
- 1 x Clean & Press
- 20 Seconds Rest

### 4. 5 Rounds of 30 Seconds

- 5 x Clean Squat
- 1 x Clean & Press

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