



FINISHERS FOR AUGUST



4 - 10 AUG PUSH THE LIMIT

5-10-15-10-5x Pyramid Up & Down:

- Chest Press (Barbell)
- Leg Raise (Barbell in Extended Hand)
- Sumo Jump (Board)

Time Cap: 6 mins

11 - 17 AUG PULL & BEAR

E2MOM x 4 rounds:

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

Time Cap: 8 mins

18 - 24 AUG LOVELY PEACH

21-15-9x of:

- Squat Calf Raise (Barbell)
- Overhead Press (Barbell)

30-45-60 secs:

- Wall Sit

Time Cap: 7 mins

25 - 31 AUG ABS & ARMS

EMOM x 8 rounds:

Every odd minute

- 10x Sit-ups
- 20x Tricep Dips

Every even minute

- 10x Hip Thrust
- 20x Alternating Bicep Curls (10x each arm)

Time Cap: 8 mins

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