



FINISHERS FOR FEBRUARY



3 - 9 FEB SHOOTING STARS

- 20-18-16-14-12 x Push Up
- 10-8-6-4-2 Bench Jump Over & Basketball (1-1)

Time Cap: 6 mins

10 - 16 FEB YGIG

2 rounds of

- 14 x Clean & Press
- 14 x Burpess

Total Time: 5 mins

17 - 23 FEB BARBELL AFFAIRS

AMRAP

- 5 x Deadlift
- 5 x Back Row
- 5 x Upright Row
- 5 x Squat
- 5 x Overhead Press

Target: 5 rounds

24 FEB - 2 MAR SUNS OUT GUNS OUT

4 rounds of

- 10 x Rotator Raise
- 15 x Tricep Extension
- 20 x Alternate Bicep Curl (1-1)

Rest: 10 secs

Time Cap: 6 mins

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