



FINISHERS FOR JUNE

3 - 9 JUNE TOTAL LEG CONDITIONING

5 Rounds of

- 15-12-9-6-3 x Squats
- 10 x Box Scissor Run (L+R=1)
- 30 seconds Wall Sit

Time Cap: 8 mins

10 - 16 JUNE UPPER BODY PUSH

3 Rounds of

- 10 x Chest Press
- 21-15-9 x Chest Fly
- 20 x High Knee Run (L+R=1)
- 10 x Overhead Press
- 9-15-21 x Lateral Raise
- 20 x Mountain Climber (L=R=1)

Time Cap: 8 mins

17 - 23 JUNE UPPER BODY PULL

3 Rounds of

- 10 x Back Row
- 15 x Plate Swing
- 20 x Double Gorilla Row
- 15 x Plate High Pull

Time Cap: 7 mins

24 - 30 JUNE TOTAL BODY CONDITIONING

3 Rounds of

- 5 x Floor to Overhead
- 10 x Sit Up
- 10 x Floor to Shouler
- 15 x Russian Twist (L+R=1)
- 15 x Floor to Stand - Deadlift
- 20 x Hip Bridge

Time Cap: 9 mins

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