



# FINISHERS FOR MARCH

## 2 - 8 MAR PUSH THE LIMIT

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

- Chest Press
- Leg Raise
- Plate Thruster

**Time Cap: 8 mins**

## 9 - 15 MAR PULL & BURP

E2MOM x 4 Rounds of:

- 5x Burpee
- 10x Single Arm Sumo Deadlift High Pull
- 15x Back Row

**Time Cap: 8 mins**

## 16 - 22 MAR LEG COMBO 1

21-15-9x of:

- Squat
- Calf Raise

10x Box Jump

**Time Cap: 7 mins**

## 23 - 29 MAR ABS & ARMS

- 10x Sit up
- 20x Triceps Dip
- 10x C-Crunch
- 20x Alternate Bicep Curl

**Time Cap: 7 mins**

## 30 MAR - 5 APR LEG COMBO 2

21-15-9x of:

- Deadlift
- Shrugs

10x Lateral Hop

**Time Cap: 7 mins**

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