



# FINISHERS FOR MAY

## 5 - 11 MAY THE BAR SMASHERS BY FERNIE

**Tabata (20secs ON / 10secs OFF),  
alternating between**

- Clean and Press
- Burpee over Barbell

*Note:*

- *F - 10kg per side, M - 15kg per side*
- *Use 1st round rep count as benchmark for subsequent rounds*

## 12 - 18 MAY FIVE & BEYOND BY BENEDICT

**Ladder up from 5 reps (i.e. 5x,  
6x, 7x, etc.) each of**

- Push Up
- Seated Shoulder Press
- Gorilla Row
- Upright Row
- Thruster

**Time Cap: 5 mins**

## 19 - 25 MAY 3MOM BY KAREL

**EMOM for 8mins:**

- 8x Burpee + 11x High Pull
- 20x Squat Jump + 9x Hang Clean
- 8x Burpee + 7x Push Press
- 20x Squat Jump + 5x Clean & Press
- Repeat minutes 1-4 for minutes 5-8

## 26 MAY - 1 JUN HIP FLEXOR KILLER BY PRISCILLA

**Inchworm to Plank followed by  
3-6-9-12-9-6-3x of:**

- Push Up
- Plank Frog Jump
- Jumping Lunge (R/L = 1)

**Time Cap: 8 mins**

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