CIRQHIIT

FINISHERS FOR NOVEMBER



2 - 8 NOV
SWEAT SQUAD

For Time (Partner YGIG)
Accumulate 12 rounds of:

- 3x Burpee
- 3x Clean Squat
- 3x Front Squat
- 3x Push Jerk
- 3x Push-up

Time Cap: 8 mins

9 - 15 NOV
WGUMCD

E0.5MOM:

- 1-2-3-4-5-6-7-8-9x Box Jump
- 9-8-7-6-5-4-3-2-1x Chest-to-Ground Push-up

16 - 22 NOV
PEAK PERFORMANCE

- 15-12-9x Deadlift
- 12-9-6x Hang Clean
- 9-6-3x Shoulder Press
- 21x Mountain Climber

Time Cap: 7 mins

23 - 29 NOV
LADDER TO HEAVEN

2 Min Ladder A:

- 1x Row
- 1x High Pull
- 1x Clean & Press
- 1x Chest-to-Ground Burpee

1 min rest

2 Min Ladder B:

- 1x Squat Jump
- 1x Push-Up
- 1x Mountain Climber (L+R=1)

30 NOV - 6 DEC
CLUSTER LADDER

15-10-5x of:

- Plate Sumo Squat High Pull
- Board Scissor Run (L+R=1)
- Plate Thruster
- Lateral Hops (L+R=1)
- Atomic Sit-up

Time Cap: 7 mins

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