



FINISHERS FOR NOVEMBER



4 - 10 NOV SWEAT SQUAD BY JO TAN

For Time/Partner YGIG

12 Rounds of

- 3 x Burpees
- 3 x Clean Squat
- 3 x Front Squat
- 3 x Push Jerk
- 3 x Push Up

11 - 17 NOV WHAT GOES UP MUST COME DOWN

E0.5MOM x 9 Rounds

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

18 - 24 NOV PEAK PERFORMANCE BY JANICE

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

Time Cap: 7 mins

25 NOV - 1 DEC LADDER TO HEAVEN BY BRYAN WONG

- 2 mins Ladder A - Row/ High Pull/Clean & Press/ Chest to Ground Burpee
- 1 min Rest
- 2 mins Ladder B - Squat Jump/Push Up/Mountain Climbers (L+R=1)

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