



FINISHERS FOR OCTOBER

7 - 13 OCT COLLECTIVE POWER

BY BRYAN

AMRAP

Set 1 (5 mins)

- 15 x Squat Heel Lift
- 20 x Row High Pull (1 for 1)
- 30 x Cross Mountain Climber

Set 2 (5 mins)

- 10 x Hang Clean
- 15 x Clean & Press
- 20 x Chest to Ground Burpees

14 - 20 OCT DASH & CRASH

E0.5MOM x 5 Rounds

- 5 x Push Up
- 5 x Air Squat
- 5 x Box Jump

21 - 27 OCT RISE & GRIND

BY FANG

10 Rounds

- 5 x Back Squat
- 4 x Clean Squat
- 3 x High Pull
- 2 x Row
- 1 x Clean & Press

Time Cap: 6 mins

28 OCT - 3 NOV LIFT & SWING

5 RFT

- 5 x Deadlift AHAP
- 5-10-15-10-5 x Plate Swing

Time Cap: 7 mins

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