



FINISHERS FOR SEPTEMBER

1 - 7 SEP RULE OF THREE BY JO TAN

Block 1

- 30x Plate Swings
- 12x Front Squats
- 30x Plate Jacks
- 12x Back Rows

Block 2

- 20x Plate Running Man (L+R=1)
- 12x Sumo Deadlifts
- 20x Mountain Climbers (L+R=1)
- 12x/side Back Lunges

Block 3

- 10x Squat Press
- 12x Chest Press
- 10x Box Jumps
- 12x Push Press

Time Cap: 9 mins

8 - 14 SEP LADDER KICKER BY BRYAN WONG

Set 1

- Front Squat
- Clean & Press
- Burpees (always 3x)

Set 2

- Drop Squat Clean
- Pendulum Swing (pair of plates)
- Push-ups (always 3x)

- **2 mins up - 30 secs rest - 2 mins down**
- **Reps: 1-1-3, 2-2-3, 3-3-3, etc.**

15 - 22 SEP GLUTES BLASTER

Tabata

- Bulgarian Squat Left
- 5x Burpees + 20x High Knee Run
- Bulgarian Squat Right
- 5x Burpees + 20x Jumping Jacks

Repeat the full Tabata cycle twice

23 - 29 SEP ARMS & ABS

EMOM x 2 rounds

Block 1

- 10x Bicep Curls
- 10x Squat Jumps
- 10x C-Crunch

Block 2

- 10x Kickbacks
- 10x Drop Squat
- 10x Seated Crunch

Block 3

- 10x Side Raise
- 10x Vault Jump (1-1 no stand)
- 20x Seated Crunch

Time Cap: 6 mins

30 SEP - 6 OCT 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: 6 mins