



FINISHERS FOR SEP



7-13 SEP TRIPLE THREAT

Block 1:

- 30x Plate Swing
- 12x Front Squat
- 30x Plate Jack
- 12x Back Row

Block 2:

- 20x Plate Running Knee (L+R=1)
- 12x Sumo Deadlift
- 20x Mountain Climber
- 12x Back Lunge (per side)

Block 3:

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

Time Cap: 9 mins

14-20 SEP LADDER KICKER

**Ladder: 2min Up / 30s Rest / 2min Down
(Stay in hover if finished early)**

Set 1:

- Front Squat
- Clean & Press
- 3x Burpee

Set 2:

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

21-27 SEP GLUTES BUSTER

2 Sets of Tabata:

- Bulgarian Squat Left
- 5x Burpee + 20x High Knee Run
- Bulgarian Squat Right
- 5x Burpee + 20x Jumping Jack

28 SEP-4 OCT ARMS & ABS

EMOM x 2:

Block 1:

- 10x Bicep Curl
- 10x Squat Jump
- 10x C-Crunch

Block 2:

- 10x Kickback
- 10x Drop Squat
- 15x Seated Crunch

Block 3:

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

Time Cap: 6 mins

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