



# FINISHERS FOR JULY

## 1 - 7 JULY TOTAL BODY CONDITIONING

### E1.5MOM X 5 Rounds of

- 3 x Thruster
- 6 x Push Press
- 9 x Squat
- 9 x Squat Jump
- 6 x Push Up
- 3 x Burpee

## 8 - 14 JULY LOWER BODY CONDITIONING

### AMRAP 8

- 10 x Barbell Squat Alternate Reverse Lunge (L+R=2)
- 10 x Plate Hip Thruster
- 10 x Bench Hop Over & Stand (L+R=2)

**Target: At least 5 rounds**

## 15 - 21 JULY UPPER BODY PUSH

### E0.75MOM each exercise:

- 10 x Overhead Press + 5 x Triceps Push Up
- 10 x Triceps Push Up + 5 x Chest Press
- 10 x Chest Press + 5 x Triceps Dip
- 10 x Triceps Dip + 5 x Overhead Press

**Target: 3 rounds**

## 22 - 28 JULY UPPER BODY PULL

### RFT

- 10 x SA Plate Row
- 12-8-4 x Barbell Wide Row (AHAP)
- 10 x SA Plate Bicep Curl
- 12-8-4 x Barbell Upright Row (AHAP)

**Time Cap: 8 mins**

## 29 JULY - 4 AUG OLYMPICS FINISHER: SPRINT HURDLES

- 50 x High Knee Run
- 5 x Burpees Over Bar
- 40 x Butt Kick Run
- 4 x Burpees Over Bar
- 30 x High Knee Run
- 3 x Burpees Over Bar
- 20 x Butt Kick Run
- 2 x Burpees Over Bar
- 10 x High Knee Run
- 1 x Burpees Over Bar

All Runs: L+R=1

**Time Cap: 5 mins**

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