



FINISHERS FOR DECEMBER

Fresh new sets of **CIRQHIIT Transform** finishers to celebrate the year end.

FINISHERS FOR DECEMBER

1 - 10 DEC
12 DAYS
OF XMAS

LIST OF FINISHERS

- | | |
|-----------------------|-----------------------------|
| 11x Calf Raise + 1x A | 5x Step Up + 7x A |
| 10x Squat + 2x B | 4x Overhead Press + 8x B |
| 9x Deadlift + 3x A | 3x Thruster + 9x A |
| 8x Back Row + 4x B | 2x Reverse Lunge + 10x B |
| 7x Upright Row + 5x A | 1x all of the above + 11x A |
| 6x Hang Clear + 6x B | |

A - Sit-Up
B - Burpee

11 - 20 DEC
XMAS TREE

LIST OF FINISHERS

5 rounds of:

- A (8x Row)
 - B (10x High Pull) - A
 - C (12x Climber) - B - A
 - D (14x Bicep Curl) - C - B - A
 - E (16x Single Arm Plate Snatch, L 16x & R 16x) - D - C - B - A
- *Finish off with 25x sit-up.

Time cap: 8 mins

21 - 31 DEC
THE
YEAR END
COUNTDOWN

LIST OF FINISHERS

10x A - (10, 8, 6, 4, 2)x B

A: Barbell Wide Row & High Pull.
7.5-12.5kg per side.

B: Static Lunge with Plate Side Raise.
R leg then L leg. 2.5-5kg plate.

Time cap: 8 mins

Book your slot via **Fitness First Asia app**.