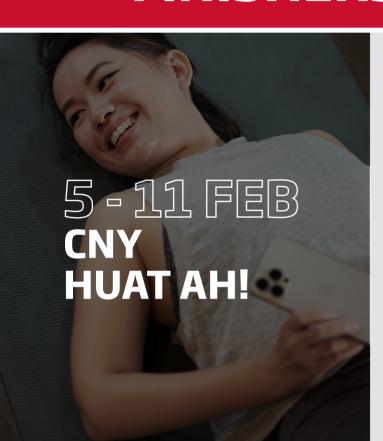


New CIRQHIIT Finishers for Lunar New Year and Valentine's Day

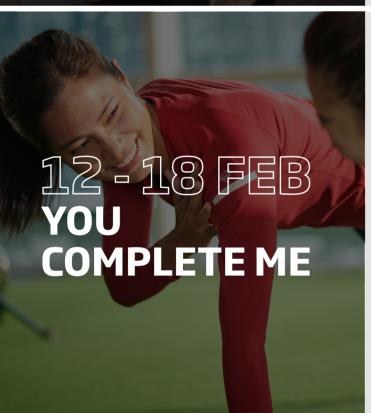
# **FINISHERS FOR FEBRUARY**



#### **AMRAP**

- 4 Push Ups, 4 Box Jumps & 8 Plank & Stand
- 4 Upright Rows, 4 Front Squats, 8 Thrusters

Time Cap: 8min
Target: 5 rounds



### PARTNER WORK

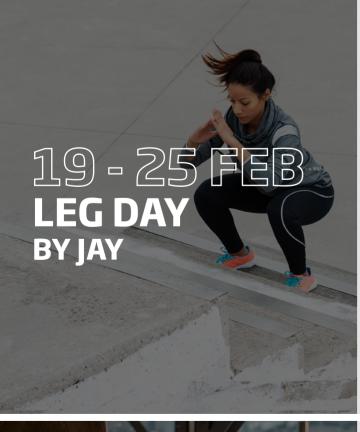
#### Partner A:

- Increasing ladder of 2-4-6-8-10-14 reps of:
  - Chest Press
  - Sit Up

#### Partner B:

• Plate Overhead Squat Hold

Time cap: 8 mins



## 3 rounds of every 30secs each:

- 12 Box Jumps
- 8 Front Squats
- 12 Jumping Lunges
- 8 Front Squats
- 12 Air Squats
- AMRAP Deadlifts
- Rest



## **Descending ladder of 5-4-3-2-1 reps of:**• High Pull

- High Pull
- Plank & Stand
- Hang Clean
- Burpees
- Clean & Press

Time cap: 7 mins

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