



# FINISHERS FOR MARCH

Push and pull through March with our New **CIRQHIIT Finishers**

## FINISHERS FOR MARCH



- **5-10-15-10-5 reps of**
  - Chest Press
  - Leg Raise
  - Thruster

**Time Cap: 8 mins**



- **E2MOM x 4 rounds of:**
  - 5 x Burpee
  - 10 x Single-Arm Sumo Deadlift High Pull
  - 15 x Backrow



- **21-15-9 reps of:**
  - Squats
  - Calf Raise
- 10 x Box Jump

**Time Cap: 7 mins**



- **E2MOM x 4 rounds of:**
  - 10 x Sit Up
  - 20 x Tricep Dip
  - 10 x C-Crunch
  - 20 x Alternate Bicep Curl

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