



# FINISHERS FOR SEPTEMBER

## 2 - 8 SEP PUMP DEPOT

### 2 RFT

- 5 x Push Up Box Jump
- 5 x Clean Double Press
- 10 x Plyo Push Up
- 10 x Push Press
- 15 x Box Jump

**Time Cap: 7 mins**  
**5 sec rest after each exercise**

## 9 - 15 SEP POWER CORE

### EMOM 5

- 10 x Sit Ups  
(Every round add 2 reps )
- 20 x Mountain Climbers  
(L+R=1)

## 16 - 22 SEP METAL SLUG

### 4 RFT

- 12 x Front Squat
- 10 x Push Press
- 8 x Uprw
- 6 x Thruster
- 4 x Burpee Over Board

**Time Cap: 8 mins**

## 23 - 29 SEP 21 GUNS

### 3 RFT

- 21 x Shoulder Raise -  
7 x Front + 7 x Side +  
7 x Rear
- 21 x Bicep Curl -  
7 x Top-Half + 7 x Bottom-  
Half + 7 x Full-Range
- 21 x Tricep Dips

**Time Cap: 5 mins**

## 30 SEP - 6 OCT SOLITUDE OF STRENGTH

### 5 Rounds of

- 10 x Deadlifts
- 25-20-15-10-5 x Push Ups

**Time Cap: 8 mins**

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