



FINISHERS FOR JANUARY

Fresh new sets of **CIRQHIIT Transform** finishers to celebrate the year 2024.

FINISHERS FOR JANUARY

1 - 7 JAN
IT'S 2024!
MORE NEW
CHALLENGES

LIST OF FINISHERS

- A - 15 Deadlifts, 4 Burpees
- B - 15 Front Squats, 4 Burpees
- C - 15 Deadlift High Pulls, 4 Burpees
- D - 15 Overhead Lunges (R/L=2), 4 Burpees

Repeat A-D with 5 Burpees

08 - 14 JAN
NEW YEAR
SPRING
"CLEANING"

LIST OF FINISHERS

E2MOM:

- 15 Air Squats
- 12 Bench Hopovers (R/L=1)

- A - 10 Clean Squats
- B - 10 Clean & Press
- C - 12 Clean Squats
- D - 12 Clean & Press

15 - 21 JAN
HIGHER
AND HIGHER

LIST OF FINISHERS

E3MOM:

Round 1

- 6 Inchworms
- 8 Deadlifts
- 10 Clean Squats
- 12 Burpees
- 14 Reverse Lunges (R/L=2)

Round 2

- 6 Inchworms
- 8 Front Squat Hold (1/3)
- 10 Uprrows Hold (1/3)
- 12 Burpees
- 14 Shoulder Press

Round 3 - Repeat Round 1 or 2

22 - 28 JAN
SURGE

LIST OF FINISHERS

3 Rounds of:

- 10 Box Jumps
- 30 Mountain Climbers
- 10 Box Jumps
- 30 High Knee Runs
- 30s Wall Sit

Time Cap: 8 mins

29 - 31 JAN
METABOLIC
DRIVE

LIST OF FINISHERS

"10 to 1" Ladder of Chest Press & Burpees

Time Cap: 8 mins

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