



# FINISHERS FOR APRIL

Elevate your workout with our New **CIRQHIIT Transform** finishers.

## FINISHERS FOR APRIL



**1 - 7 APR**  
**HAPPY**  
**APRIL'S**  
**FOOL**

- 10-8-6-4-2 x Deadlift
- 9-7-5-3-1 x Push Up Jump Over Bar

**Time Cap: 7 mins**



**8 - 14 APR**  
**ENGINE**  
By Jo Tan

- **E0.5MOM:**
  - 1 x Burpee
  - 2 x Mountain Climber
  - 3+ x Overhead Jack (+1 for every round)

**Time Cap: 5 mins**



**15 - 21 APR**  
**METABOLIC**  
**DRIVE**  
By Jo Tan

- **5 rounds:**
  - **Unbroken chain of:**
    - 1 x Deadlift
    - 1 x Clean Squat
    - 1 x Squat Press
    - 1 x Push Press
    - 1 x Back Squat
  - 10 x Squat Jump
  - 30sec Plank Hold

**Time Cap: 10 mins**



**22 - 28 APR**  
**STRENGTH**  
By Jo Tan

- **For load:**
  - 15-12-9-6-3-3-2-2-1-1 x Sumo Deadlift
  - 10 x Chest Fly

Note: Gradually load Sumo Deadlift for RM (Repetition Maximum)

**Time Cap: 10 mins**



**29 APR -**  
**5 MAY**  
**LEG COMBO 2**

- **21-15-9 reps of:**
  - Deadlift
  - Shrugs
- 10 x Lateral Hop

**Time Cap: 7 mins**

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