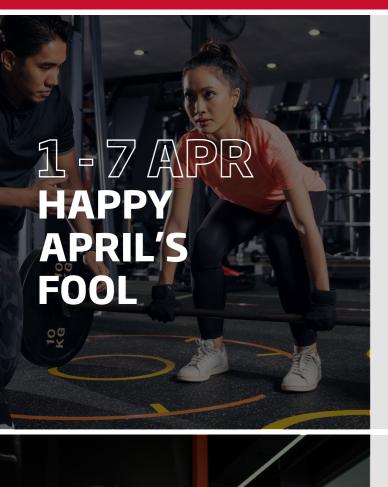


# FINISHERS FOR APRIL

Elevate your workout with our New CIRQHIIT Transform finishers.

# **FINISHERS FOR APRIL**



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

### Time Cap: 7 mins

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

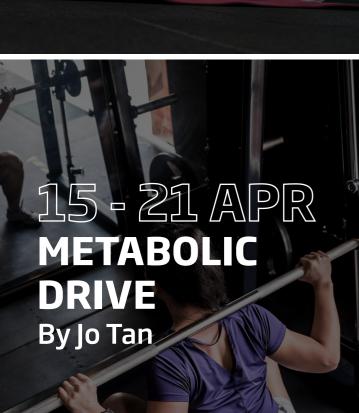
# Time Cap: 5 mins

# 5 rounds:

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

# Time Cap: 10 mins

• For load: 15-12-9-6-3-3-2-2-1-1 x Sumo Deadlift



8 - 14 APR

ENGINE

By Jo Tan



# STRENGTH By Jo Tan

#### 10 x Chest Fly

### Note: Gradually load Sumo Deadlift for RM (Repetiton 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**.