



# FINISHERS FOR JANUARY

## 6 - 12 JAN LIFT AND LEAP

- 10-8-6-4-2 x Deadlift (AHAP)
- 10 x Box Jump

**Time Cap: 5 mins**

## 13 - 19 JAN SPRING CLEANING

E0.5MOM x 5

- Clean to 5 Squat
- Clean to 5 Press
- Clean to 5 Thruster

**Total Time: 7.5 mins**

## 20 - 26 JAN HUAT AH!!!!!!

AMRAP

- 8 x Air Squat
- 8 x Push Up
- 8 x Jumping Lunge
- 8 x Sit Up
- 8 x Jumping Jacks
- 8 x Frog Jump
- 8 x High Knee Run
- 8 x Plank Jack

**Time Cap: 8 mins**

## 27 JAN - 2 FEB BLACKJACK

15-12-9x Chest Press (Incremental Weight) +

- Round 1 - 21 x Sit Up
- Round 2 - 21 x C-Crunch
- Round 3 - 21 x Hip Bridge

**Time Cap: 7 mins**

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