



FINISHERS FOR JULY



7 - 13 JUL PYRAMID PLUNGE



1. 15x Drop Squat
2. 12x Box Jump
3. 9x Plank & Stand
4. 6x Burpees
5. 3x Burpees Over the Bar

Note:
5 rounds, every round reduce the last exercise (1-5, 1-4, 1-3, 1-2, 1)

Time Cap: 5 mins

14 - 20 JUL SWINGER PUSHER



4 rounds of:

- 9x Pendulum Swing
- 9x Push Up
- 6x Russian Swing
- 6x Plyo Push Up
- 3x American Swing
- 3x Hands Off Push Up

Time Cap: 6 mins

21 - 27 JUL ECCENTRIC POWER- HOUSE



EMOM6:

- Odd Minutes:
10* Sit Up + Hip Bridge Pulses
- Even Minutes:
10* Superman Arch Row +
Plank Alternate Toes Lateral Tap

Note:
* = add 2 reps each round

28 JUL - 3 AUG BUM BUM BLITZ



- 3-6-9-6-3x Thruster
- 10x Air Squat
- 5 Burpees / 20 High Knee Run

Note: 5 rounds

Time Cap: 5 mins

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