



FINISHERS FOR JUNE



1 - 7 JUN POWER SURGE



8 rounds for time:

- 5x Push-up
- 5x Clean & Press
- 3x Plyo Push-up (Hands Jump Off Ground)
- X Push Jerk / Press
- X Squat Jump

Note:

X = 15-12-9x

Time Cap: 5 mins

8 - 14 JUN CORE REACTOR



EMOM 6 mins:

- Odd minutes:
 - 10x Sit-up (add 2 reps each round: 10 > 12 > 14)
 - 10x Hip Bridge
- Even minutes:
 - 20x Mountain Climbers (L+R=1)
 - 10x Plank Shoulder Taps (L+R=2)

15 - 21 JUN IRON PLATE



4 RFT:

- 12x Plate Goblet Squat
- 10x Single-arm Push Press (5x Each Arm)
- 8x Sumo Deadlift High Pull
- 6x Plate Swing
- 4x Overhead Alternate Reverse Lunge 1-1
- 2x Lateral Burpee Over Plate

Time Cap: 7 mins

22 - 28 JUN ARMORY



3 RFT:

- 21x Shoulder Raises (7x Front + 7x Lateral + 7x Rear Fly)
- 21x Bicep Reps (7x Top Half + 7x Bottom Half + 7x Full Curls)
- 21x Tricep Exercises
 - Skull Crusher
 - Kickbacks
 - Overhead Extension

Time Cap: 6 mins

29 JUN - 5 JUL PRESS PLAY



E0.5MOM 8 rounds 4 mins:

- A: 10x Seesaw Plate Press (L+R=1)
- B: Wall Sit Hold / Hollow Hold (Alternate Each Round)

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