



FINISHERS FOR MARCH

3 - 9 MAR PUMP UP THE PULSE

5 rounds of

- 10 x Squat Calf Raises (Tempo 3010)
- 10-8-6-4-2 x Push Up Frog Jump (Tempo 3010)

Time Cap: 6 mins

10 - 16 MAR PUSH AND PUT

5 rounds of E0.5MOM

- Group A
9 x Chest Press
6 x Overhead Press
- Group B
Plank / Wall Sit

17 - 23 MAR SLEDGE- HAMMER

- 15 x Air Squat
- 12 x Front Squat
- 9 x Back Squat
- 15 x Air Squat
- 6 x Thruster
- 15 x Air Squat
- 3 x Floor to Overhead

Time Cap: 3 mins

24 - 30 MAR SEVEN HEAVEN

AMRAP

- 7-6-5-4-3-2-1 x Clean and Press
- 7 x Push Press
- 7 x Upright Row
- 7-6-5-4-3-2-1 x Burpees
- 7 x Push Up
- 7 x Squat Jump

Time Cap: 7 mins

31 MAR - 6 APR THE 'A' GAME

- 5-10-15-10-5 x Sit Up
- 10 x Bicep Curl
- 15 x Tricep Dips

Time Cap: 6 mins

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