



# FINISHERS FOR MAY

6 - 12 MAY  
**STRENGTH  
SURGE**  
BY JAY

**EMOM x 8 rounds:**

- 3 x Clean & Press
- 5 x Row
- 3 x Burpee
- 5 x Climber (L+R=1)

**Jay's recommendation:**  
Try a heavier bar than usual

13 - 19 MAY  
**HUSTLE &  
BUSTLE**

**Every 20 seconds,  
minimum 10 reps of**

- Plate Bicep Curl
- High Knee Run (L+R=1)
- Tricep Kickback
- Mountain Climber (L+R=1)

**5 rounds**

20 - 26 MAY  
**DEADBLITZ**  
BY JAY

**2 mins ON / 1 min OFF**

**3 rounds of**

- 8 x Air Squat
- 5 x Clean & Press
- 8 x Lunges
- 5 x Clean & Press
- 8 x Sit-Up
- MAX Deadlift (as heavy as possible)

27 MAY - 2 JUN  
**TOTAL BODY  
CONDITIONING**

**5-10-15-10-5x of**

- Squat
- Lateral Raise
- Mountain Climber

**Time Cap: 6 mins**

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