



FINISHERS FOR JULY



6 - 12 JUN PYRAMID PLUNGE



Routine:

- 15x Drop Squat
- 12x Box Jump
- 9x Plank & Stand
- 6x Burpee
- 3x Burpee Over the Bar

Note:

Every round reduce the last exercise i.e. 1-5, 1-4, 1-3, 1-2, 1

Time Cap: 5 mins

13 - 19 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

20 - 26 JUL ECCENTRIC POWER HOUSE



EMOM 6:

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

Note:

* = add 2 reps each round

27 JUL - 2 AUG BUM BUM BLITZ



Routine:

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

Time Cap: 5 mins

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