



FINISHERS FOR OCTOBER

5 - 11 OCT
**DASH &
CRASH**

5 rounds every 30 secs of:

- 5x Push Up
- 5x Air Squat
- 5x Box Jump

12 - 18 OCT
**RISE &
GRIND**

10 rounds of:

- 5x Back Squat
- 4x Clean Squat
- 3x High Pull
- 2x Row
- 1x Clean & Press

Time Cap: 6 mins

19 - 25 OCT
**LIFT &
SWING**

5 rounds of:

- 5x Deadlift (AHAP)
- 5-10-15-10-5x Plate Swing

Time Cap: 7 mins

26 OCT -
1 NOV
ABS & ARMS

E2MOM x 4 rounds of:

- 10x Sit Up
- 20x Tricep Push Up
- 10x C-Crunch
- 20x Alternate Bicep Curl

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