



Finisher Menu

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Finisher Menu – Sphere Fitness

These finishers take 5-10 minutes to complete and are aimed at elevating EPOC in trainees. Choose one from the menu to insert into prescribed programmes.

NOTE ELEVATED LACTIC ACID PRODUCTION IS CONTRAINDICATED – KEEP TO THE REST PERIODS!!

These are great at burning fat.

As they are so time efficient you can place them on the end of the workout for combine 2-3 of them to make up a conditioning session outside of the strength sessions.

BEGINNER

Treadmill – Brisk Walk 30 seconds – Easy Walk 60s for 10 minutes

INTERMEDIATE

Skipping Rope Rope: 30 seconds hard, 30 seconds off for 10 minutes

Mountain Climber- 5 x 30 (per leg) x 60 sec. rest OR **Bear Crawl-** 5 x 30
1) sec. x 60 sec rest

1 Arm Dumbbell or Kettlebell Swing- 4 x 20 x 60

Jump Rope- 60 seconds hard, 30 seconds rest for 10 minutes

Sled, Hill or Prowler Sprint- 10 x 40 yards x 60 sec. rest

Jump Rope- 30 seconds hard, 15 seconds rest for 10 minutes

Burpee- 5 x 10-20 x 60-90 sec. rest (try to do more reps each week)

ADVANCED

1 Arm Dumbbell or Kettlebell Swing- 4 x 25 OR **Battling Ropes-** 5 x 30
sec. x 60 sec. rest

Hill, Sled or Prowler Sprints- 10 x 40-50 yards x 60 sec. rest

Farmers Walk- 5-6 x 30 sec. x 60-90 sec. rest

Battling Ropes 4 x 30 sec with 60-90 sec rest

Sledgehammer Swing- 4 x 30 sec. x 60-90 sec. rest

Kettlebell Swing- 4 x 25 x 60-90 sec. rest

100-200 or 300 Rep Challenge – Burpees x 20, KB Clean and Press x 10, KB Clean and Press x 10, KB Goblet Squat x 20, KB Press Ups x 20, KB Swings x 20 – 1 loop = 100 2 = 200 3 = 300 Rest Intervals 1:1 – no rest between exercises

Tyre Flips – 4 x As many as possible in 30s rest for 60 seconds.

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